



Change Academy Lab Notes

TOPIC: Rhythms vs Schedules

EPISODE #56

NOTES/TAKEAWAYS:

EXPERIMENT:

Try applying the tenets of "flexible planning" to your next project or goal:

1. Make sure you have clearly defined goals.
2. Make short-term plans.
3. Trust your gut/
4. Have a measurable way to track your progress.
5. Don't force it.

OBSERVATIONS:

FURTHER EXPERIMENTS: