



Change Academy Lab Notes

TOPIC: the Power to Giving Up

EPISODE #57

NOTES/TAKEAWAYS:

EXPERIMENT:

1. Write down the goal of this project. What are you trying to accomplish?
2. Why is achieving this goal important to you (beyond just the fact that you committed to achieving it)?
3. Is there a higher level goal beyond this one--a top level goal that this immediate goal is in service of?
4. How else might you pursue that top level goal? What other tactical goals could get you there?
5. Consider whether abandoning your current goal might be the best move. Why or why not?

OBSERVATIONS:

FURTHER EXPERIMENTS: