Self-Experimentation

Radical Continuous Improvement For The Hard-Core Agilist
Self-Experimentation

…refers to the special case of single-subject research in which the experimenter conducts the experiment on himself or herself. Usually this means that a single person is the designer, operator, subject, analyst, and user or reporter of the experiment.

-Wikipedia
Experiment 6: The Shallow Man

January 13, 2016 in experiment, focus, hypothesis, measurement, productivity. Leave a Comment
Tags: attention, experiment, focus, Scheduling, Time Management, Work

It's been too long since I last did an experiment, so I thought it was time to try another one. I guess this is a bit of a reboot. I've been overwhelmed with work, so time management has been very much on my mind.

I've been reading a great book by Jason Little about agile transformations called Lean Change Management. In it he has a nice template for an experimental hypothesis that seems pretty useful. It goes like this:

*We hypothesize by *<implementing this change>*
*We will* *<solve this problem>*
*Which will have* *<these benefits>*
*As measured by* *<this measurement>*
The Hypothesis

We Hypothesize by <implementing this change>

We will <solve this problem>

Which will have <these benefits>

As measured by <this measurement>

-Jason Little
“Lean Change Management”
The Mindset

"If you feel in control, then you aren't going fast enough."

-Mario Andretti
Self-Experimenters are Weird

1. They have courage: they would not ask someone else to take a risk they were not willing to take themselves.

2. They crave immediate feedback: they are unwilling to accept second hand experience when they can experience the phenomenon themselves.

3. They are leaders: they will go where no one else would dream of going
More Ideas

• Quantified Self

• LifeHacker

• Mindhacker: 60 Tips, Tricks, and Games to Take Your Mind to the Next Level

• Pragmatic Thinking and Learning