

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



1 Standard Man

Experiments in Continuous Improvement

Experiment 6: The Shallow Man

January 13, 2016 in [experiment](#), [focus](#), [hypothesis](#), [measurement](#), [productivity](#). [Leave a Comment](#)

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EXPERIMENTS SO FAR:

- [Experiment 1](#)
- [Experiment 2](#)
- [Experiment 3](#)
- [Experiment 4](#)

BLOGROLL

- [Neatorama](#)
- [Quantified Self](#)
- [Seth's Blog](#)
- [Tim Ferris](#)
- [Wikipedia](#)



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

