Review an Experiment

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character used a new reminder for a week.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Review what happened, what fit, and what needs changing after trying a small routine.

3. What would you keep or adjust?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.