



Monday Experiment Starter Pack

A simple weekly practice for reducing reactivity and improving focus

The Monday Experiment is designed as a gentle yet powerful weekly routine to cultivate greater self-awareness. It starts with the understanding that true change and improved focus don't often spring from radical overhauls, but rather from a deeper awareness of our current state. By taking a moment to slow down and tune into your internal signals, you lay the groundwork for a more intentional week.

This practice isn't about imposing rigid rules, but about establishing small, effective guardrails. These brief pauses and clear intentions act as a mental check-in, creating valuable space between stimulus and response. Instead of reacting impulsively to the week's demands, you gain the opportunity to consider your options and make choices that align with your desired approach.

Ultimately, the Monday Experiment empowers you to shift from automatic reactions to thoughtful responses. It helps you recognize patterns, manage stress, and approach challenges with a sense of calm and purpose. This simple commitment to a weekly pause allows you to show up authentically and effectively, rather than being swept along by external pressures.



Slow Down

Take a moment to pause and gather yourself.



Choose

Decide how you want to respond and act.



Notice

Observe your internal signals and feelings.



Show Up

Engage with intention and purpose.

Focus and Rule

One Thing You Want to Pay Attention To

Write one sentence about what you want to watch more closely this week.

Examples (as bullet list):

- I want to notice when I rush to respond.
- I want to notice when I tense up during meetings.
- I want to notice when I say yes without thinking.

📝 Your sentence: _____

One Small Rule for the Week

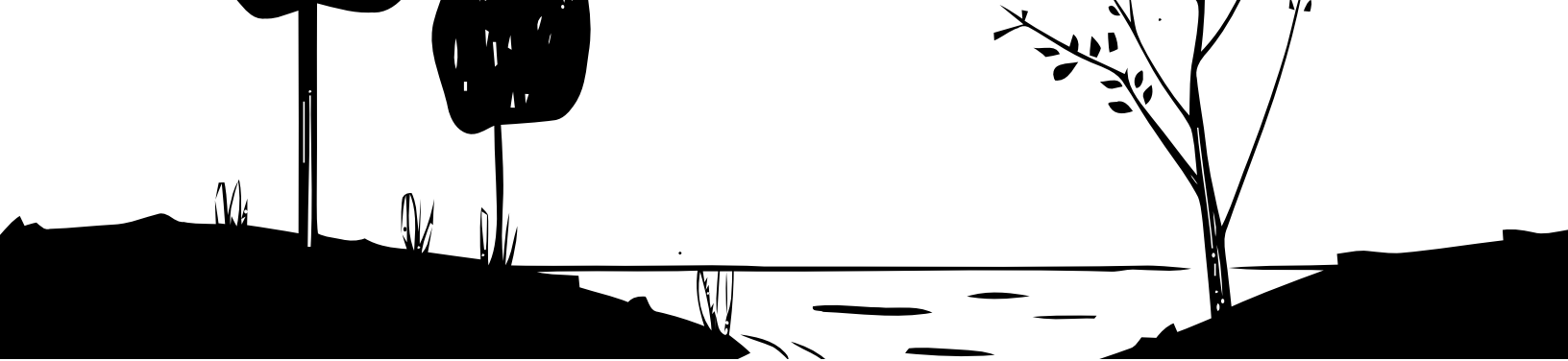
Choose one rule that creates space for better choices.

Examples (as bullet list):

- Wait one breath before speaking.
- No instant answers in Slack unless it is urgent.
- Ask one clarifying question before giving an opinion.

📝 Your rule: _____





Daily Check-In, Friday Reflection, How to Use, and CTA

A Simple Check-In

At the end of each day, write one line:

"What did I notice today?"

Keep it short. The point is to see patterns, not to produce a long journal entry.

A Friday Reflection

At the end of the week, answer three short questions:

- What did I notice most often?
- What changed when I followed my rule?
- What is the one thing I want to adjust next week?

How to Use This

The Monday Experiment works because it gives you one intention, one rule, and one place to reflect. You build awareness through repetition. The goal is not perfection. The goal is to see yourself more clearly and make small, steady improvements.

📌 If you want help building a simple weekly rhythm that reduces reactivity and creates more focus, reach out anytime.