

MY SELF-EXPERIMENT for a more sustainable lifestyle

1 Field of Action	2 Approach	3 Goal	4 Observe & document	5 Togetherness & support	6 Perspective
<input type="checkbox"/> Living 	<input type="checkbox"/> Change & exchange 	<input type="checkbox"/> Bring about change 	<input type="checkbox"/> My feelings 	<input type="checkbox"/> Friends & acquaintances 	<input type="checkbox"/> Reinforcing routines 
<input type="checkbox"/> Mobility 	<input type="checkbox"/> Develop 	<input type="checkbox"/> Understand connections 	<input type="checkbox"/> Changes compared to before 	<input type="checkbox"/> Family & household 	<input type="checkbox"/> Questioning other things as well 
<input type="checkbox"/> Diet 	<input type="checkbox"/> Engage & communicate 	<input type="checkbox"/> Show alternatives 	<input type="checkbox"/> Reactions of others 	<input type="checkbox"/> Person who is also into the topic 	<input type="checkbox"/> Being more mindful 
<input type="checkbox"/> Consumption 	<input type="checkbox"/> Feel & engage 	<input type="checkbox"/> Learn to change something 	<input type="checkbox"/> Impacts on my daily life 	<input type="checkbox"/> Person with whom I disagree on the topic 	<input type="checkbox"/> Inspiring others 
<input type="checkbox"/> Simple, good life 	<input type="checkbox"/> Reduce & omit 	<input type="checkbox"/> Discover something new 	<input type="checkbox"/> Intermediate steps 	<input type="checkbox"/> Alone 	<input type="checkbox"/> Engaging myself 

Design your own self-experiment:

- Tick one box per colour – this is how your experiment is put together step by step.
- Develop your experiment as specifically and practically as possible.
- Try out the experiment yourself or send the postcard to someone else.

Title of your experiment:



You can find suggestions (in German) here. You are also welcome to tell us how your experiment went.

Everyone has the opportunity to make our future worth living. With a **self-experiment**, you can break out of your routine and gain new perspectives.

Experiment with your everyday behaviour over a **period of 4 weeks**. More important than a quick success is learning through trial and error, experience, or even failure.

Week 1: Planning & self-observation

Weeks 2 & 3: Conducting the experiment

Week 4: Evaluation & transition to the "new normal"

Translation of the German original
into English



Karlsruher Transformationszentrum
für Nachhaltigkeit und Kulturwandel
www.transformationszentrum.org


