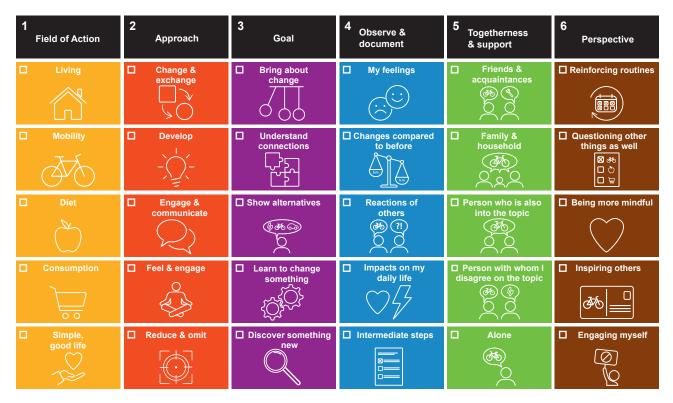
MY SELF-EXPERIMENT for a more sustainable lifestyle



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