

“Tiny Experiments” Experiential Learning

Think of a time you “failed” or tried something that did not work out. Write down three things you learned from that event and three good things that resulted because of that event.

Discuss at your table with each person taking no more than two minutes. Assign a timekeeper. Have them set two minute timers on their phone.

Even the most terrible things that happen to us, that may leave us broken, damaged, or changed forever, STILL have some positive growth and learning.

A scientist doesn't feel like a failure when they get an unexpected result. This is something they can learn from and use to design their next experiment.

Scientists don't start with something that has already proven outcome and say I'm going to experiment on this things that has been replicated a bunch of times before. So I'm going to do it too for five years.
That would be insane.

But it is exactly what we do with our own lives.
It's not about getting rid of doubt. If you are a human being you are going to experience doubt.

Rip Currents

A Rip Current is a powerful flow of water returning to the sea from the shore. Many people drown from fear or exhaustion trying to fight the current. The advice is to swim parallel to the shore. But what's not mentioned in that advice is that while you are swimming parallel, you are still being swept out.

Likewise, fear can drag you away from your goals and destinations.

What is something you have or are currently experiencing that gives that rip current effect?

You can really only do the next right thing... a small step to the right...

Action creates clarity.