THE EXPERIMENT LIST

**"All of life is an experiment.
The more experiments you make the better."**
- Ralph Waldo Emerson

What if you gave yourself permission to experiment? To try some new things? To explore? To start small? To not wait for "big?" To start simple? To risk it not working out perfectly? What if?

Want to go on a photo safari in Africa some day? Great. Start by experimenting with a photography class. Want to take a cooking class in Italy? Wonderful! (Me too.) Start by experimenting with a class at a local restaurant. (Just google it. Local classes exist! Or… just decide to cook something new with friends.) Want to climb Everest someday? Why not experiment by hitting your local climbing gym?

This is all about creating a list of small but significant things you can do to "experiment" with new and different things. They don't have to be expensive. They don't have to be horribly time consuming. Just small but simple things you could do to try something new.

List at least 10 things for your own Experiment List below:

15 Minute Experiment List:

Things you can experiment with in 15 minutes

Examples:

A list of things you'd love to research… just for the fun of it. Write the list down here and then Google the subject for 15 minutes.

A list of people that you haven't talked to in a while. Create the list and then just call them for a "15 minute chat" to catch up. At the very least, leave them a fun voicemail.

A list of stores you've never been to. Create the list and then when you're out and about, push yourself to just stop by. That Asian grocery. That local book store. That bait and tackle shop. That high end designer boutique. Why not? Try it.

List at least 10 things you could do in 15 minutes (roughly) or less: Go.

"Relinquish your attachment to the known, step into the unknown and you will step into the field of all possibilities."

- Deepak Chopra

"I can never stand still. I must explore and experiment."

- Walt Disney

"Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic."

- Anonymous

Mitch Matthews

Speaker, Author, Coach & Innovator!

Mitch Matthews is a leading authority on innovative thinking, coaching for performance and goal achievement.

Mitch has been facilitating training for over two decades and has worked with leaders from organizations like NASA, Disney, Pioneer, Merck, Blue Cross/Blue Shield and the Principal Financial Group. He's also been an executive and business coach since 2002.

His goal is to help leaders to navigate the wild waters of innovation more effectively by applying the simple but powerful strategies he introduces in his training. He also applies his background in work-place coaching and mentoring to teach effective concepts that increase employee engagement and inspire team members to deliver with excellence.

Mitch also works one-on-one with leaders as an Elite Business Coach. Plus, he has created a coach-training program that has been utilized around the globe. In fact, his unique ideas and approach led to him being asked to sit on the Franklin Covey Companies Innovation Advisory Board for Professional Coaching.

In 2006, Mitch and his wife also started something called the "BIG Dream Gatherings" which have helped thousands of people to dream bigger and, in many cases, get the boost they needed to get their big dreams accomplished.

Mitch's popular weekly podcast called "DREAM.THINK.DO." is at the top of the iTunes charts. Find out more here: MitchMatthews.com/iTunes

You can find out more about Mitch and his various "experiments" at MitchMatthews.com.