



# Experiment Design and Lab Notebooks



# Experiments: Testing Your Hypothesis

Now that you have an idea of which variable might be changed to move you closer to your desired outcome, you will want to:

- Design a method for adjusting the variable to these the hypothesis
- Identify expected results given your hypothesis and how you will observe and measure those results
- Set time and space in which to do your experiment
- Set time to collect and analyze the results of your experiment



# Your Self Leadership Laboratory

- You are in it now
- What experiments are you running?
- What are you learning about yourself as a follower and as a leader?
  - I.e. are you pulling what you need or waiting to be told what to do?
- Could you learn more by becoming a better scientist? By being more:
  - Observant
  - Analytical
  - Creative
  - Methodical

# Becoming a Better Scientist?

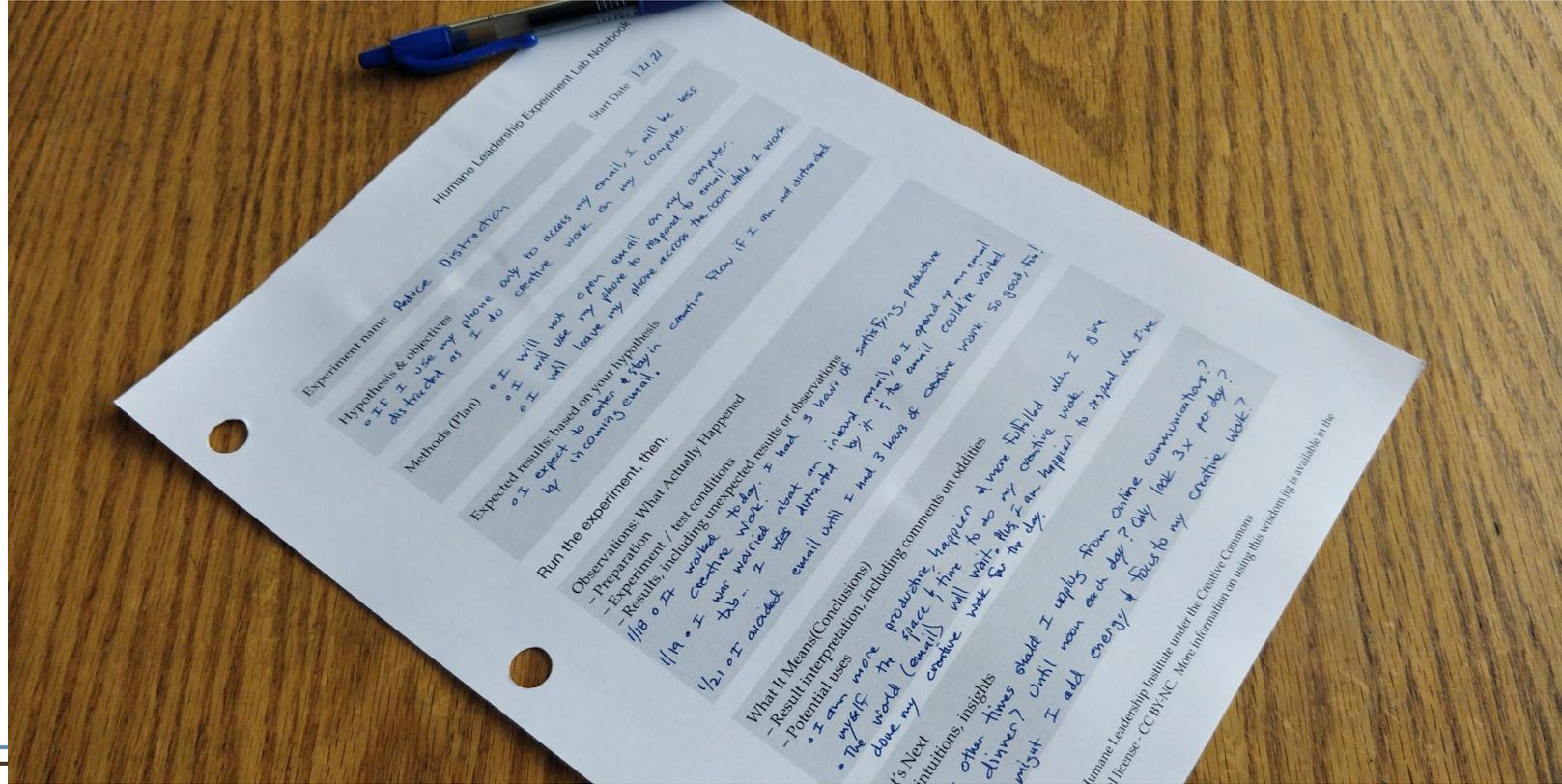
- Add clarity and structure to your experiments
- Use a [lab notebook](#) just like you may have done in school

Humane Leadership Experiment Lab Notebook

Experiment name	Start Date
Hypothesis & objectives	
Methods (Plan)	
Expected results, based on your hypothesis:	
Run the experiment, then:	
Observations: What Actually Happened	
- Preparation	
- Experiment / test conditions	
- Results, including unexpected results or observations	
What It Means (Conclusions)	
- Result interpretation, including comments on oddities	
- Potential uses	
What's Next	
- Ideas, intuitions, insights	

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# Lab Notebook - Sample



# Lab Notebooks Create a Chain of Experiments

- Design your own experiment using the top half of the lab notebook
  - Set a reminder to start your experiment
  - Set reminders to check in on your experiment every 24 hours or so
  - Set a time to analyze the results of your experiment at the end of the week
  - Use your findings to design your next experiment
- 
- Your learnings lead to new experiments and more learnings



Nota Bene:

A mind is a wonderful servant,  
but a terrible master

# Analysis and Self Care - Too Much of a Good Thing?

- Our powerful analytical tools can turn on us and lead to disempowerment and self doubt.
- Your job as a humane leader of self and others is to wisely balance mind and heart, generative pushing of perceived limits with genuine care for the humans you lead (including yourself)
- If you struggle with self doubt, a useful book is [Six Pillars of Self Esteem](#), Nathaniel Branden



Sorcerer's Apprentice

