

LIVING CHANGE: A two-week experiment to guide the flow of change

Change isn't a project with a finish line - it's a living system. Patterns emerge, momentum appears in unexpected places, and small, well-timed interventions can make a big difference.

Over the next **14 days**, this guide helps you notice how change is moving, act in the right place, and learn what shifts the system.

How to use this guide

- Follow the **daily 7-minute pause** for 14 consecutive days to sense pressure and momentum.
- Try **one micro experiment per week** to explore small shifts.
- Track **one simple signal** to see how change is evolving.
- At the end of each week, reflect: what supports the flow of change and what blocks it?

Every exercise is designed to connect directly to the overarching goal: helping change move fluidly, not forcing activity or hitting milestones.

Daily Pause (7 minutes)

Use this pause to notice how change unfolds - so your next move comes from awareness, not habit.

1. **Reset:** Take three slow breaths. Notice if you've slipped into familiar patterns like doing, fixing, pleasing, resisting, or over-controlling.
2. **Sense:** Look at what's unfolding around you – in your team or a project. Where does the flow of change feel light and moving? Where does it feel sluggish or effortful?
3. **Choose a response:** Choose one small, intentional move that meets what's happening - perhaps giving space, offering clarity, or adding energy where momentum is gathering.
4. **Anchor:** Keep a simple record of your action and its effect, so you can track how small moves influence the system over time.

Keep it simple. The pause is about staying connected to movement, not managing outcomes.

Weekly Micro Experiment

During these 14 days, pick **one small experiment** per week to notice and learn from – not a task to complete. Examples:

- **Decide something small:** Bring closure to one lingering decision. Notice how clarity releases movement or frees attention.
- **Pause or reduce:** Lighten the load by pausing or scaling back one regular task, meeting, or report. Notice what shifts in the system.
- **Emergence check:** Midweek, note one insight or pattern you didn't expect. Reflect on what it shows about where change is already happening.
- **Stop-start trade:** Set aside one low-value habit and replace it with a small, fresh action. Watch how the rhythm of work adjusts.
- **Outside perspective:** Ask a trusted colleague to point out one thing you might not see. Try out what resonates and stay curious about what shifts.
- **Signal hunt:** In your team huddle, surface one subtle signal of tension or momentum in the change. Respond with one light action and watch how movement shifts.

One experiment a week is enough. The purpose is to keep learning from the system's movement – not to add more doing.

Simple Metric

Pick **one observable sign** to track change over 14 days. The goal is to notice shifts in the flow of change – not measure performance. Examples:

- **Team energy pulse:** Rate 1–5 on Monday morning and Friday afternoon.
- **Micro-actions:** Note the number of small interventions your team actually tries.
- **Pattern movement:** Note any visible shifts in a key behaviour or dynamic.

*The goal is to notice **shifts** in flow and responsiveness, not measure output or compliance.*

End-of-Week Reflection (10 minutes)

Use this reflection to notice how the system as a whole is moving:

- What signals of momentum or strain did we notice?
- What small actions did we try?
- What shifted in the system?
- What blocked the flow?
- What patterns will we carry forward into the next week?

Want support applying these insights in your team?

Book a no-pressure discovery call to explore what's changing in your environment, small experiments that could help momentum, and practical ways to make change flow more easily.

Book your discovery call [here](#)