

# The Social Experiment Lab

by HourLife Original

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Write your hypothesis before you start any experiment**

A hypothesis has three parts: the protocol ('I will write three specific things I am grateful for each morning'), the metric ('my end-of-day mood rating on a 1-10 scale'), and the duration ('for 21 consecutive days'). Writing it forces clarity and prevents goalpost-moving after you see the results.

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**02 Run a 7-day baseline before changing anything**

Measure your target metric daily for one full week without making any behavior changes. This establishes your personal baseline - the most relevant control condition available, because it is your normal. Calculate your average and variance before starting the experimental phase.

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**03 Build a compliance log alongside your outcome metric**

Each day, record whether you followed the protocol (yes/no or a 0-100% score for partial completion). At the end of the experiment, calculate your overall compliance rate before you analyze results. Results from a 60%-compliance experiment require a different interpretation than results from a 95%-compliance

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**04 Calculate your effect size as a percentage change from baseline**

Effect size = ((experiment average - baseline average) / baseline average) × 100. This single number answers 'how much did this move me?' Compare it against the effect-size scale: under 5% is noise, 5-15% is small, 15-35% is medium, 35%+ is strong. Your threshold for adoption should be at least medium.

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**05 Render a formal verdict within 72 hours of completing your experiment**

Write a one-paragraph verdict covering: your effect size, your compliance rate, and your conclusion (Adopt / Archive / Retest). Date it and file it. Reading your own past experiments one year later is one of the most useful knowledge resources you can build about yourself.