

Notice - Question - Imagine - Test - Learn

Use this page to move one useful problem toward one small, responsible experiment.

NOTICE - What recurring problem, burden, unmet need, or missed opportunity have I been tolerating?

QUESTION - What am I observing directly, and what might I only be assuming?

IMAGINE - List three different ways this could work better.

CHOOSE - Which idea best fits the need, context, people affected, and available resources?

TEST - What is the smallest safe, ethical, accessible, and reversible experiment I can run?

LEARN - What happened, whose feedback matters, and should I continue, adapt, pause, or stop?

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.