

The Wellfriend

Tiny Experiments Menu

Small variations. Real life. No pressure.

This isn't something to complete.

It's a way
to experience your life
a little differently.

You might choose one
when you have the capacity.
Or you might not.

If something feels familiar, you don't need to find something new.
You can simply try it
a little differently.

Even one moment counts.

If you want a place to start:

You might choose something
based on what you need today

Try something you've done before, in a slightly different way

Notice what feels a little more interesting

When you need things to feel easier

Do something the simpler way

Shorten something you usually push through

Take a break earlier than usual

Let something be good enough

Remember, we're practicing.

Exploring new ways of approaching life—
and behavior change.

It's not so much what you choose to do,
but what you notice as you do it.

When you want something different

Take a different route

(even one turn)

Sit somewhere new

Start something

at a different time

Change the order of your routine

When you're open to a small stretch

Say "not right now" to something small

Do one thing

you've been putting off (tiny version)

Speak up in a low-stakes moment

Try something

without overthinking it

When you want a little more enjoyment

Listen to something you don't usually choose

Wear something different

Do something your past self loved

Add music to something ordinary

When you need to feel a bit more free

Leave one thing undone
on purpose

Change something
just because you can

Do something slightly inefficient

Stop something earlier than expected

If you've done something like this before...

You don't have to choose something new.

You can simply try it a little differently

Do it for less time

Do it without your phone

Change the pace

Change the time of day

Notice a few things while you do it

Do it in silence

If you feel like reflecting...

What felt even slightly different?

What felt easier than expected?

What didn't quite fit today?