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What If You Changed Just One Part of Your Routin

Ideas y experimentos · 16/11/2026 · Por Camilo Calderón

Discover how a small seven-day experiment that changes one habit in your routine can give you useful insight into productivity, focus, and well-being.

What If You Changed Just One Part of Your Routine for Seven Days?

Sometimes we think that improving our productivity, focus, or well-being requires changing our entire life. However, small personal experiments can teach us much more than we might expect.

The idea is simple: choose one habit, change it for seven days, and observe what happens.

The Power of Experimenting With Your Own Routine

Our everyday behavior is made up of small decisions we repeat almost automatically. Checking your phone when you wake up, working with several tabs open, putting off an important task, or going to bed at different times are examples of habits that can influence your day.

But what would happen if we changed only one of them?

Instead of changing ten things at once, we can run a small experiment that lets us observe the results.

A Seven-Day Experiment

Try one of these ideas:

1. The First 30 Minutes Without Your Phone

For one week, avoid checking social media or messages immediately after waking up. Notice whether your focus, calm, or readiness to start the day changes.

2. One Task at a Time

Set aside specific periods to work on one activity without constantly switching between email, messages, and other tasks. Record how much progress you make.

3. Walk Without Distractions

Take a daily walk without music, videos, or notifications. Pay attention to your thoughts and surroundings.

4. Write Down Three Observations a Day

Before going to bed, write down three things: what worked, what distracted you, and what you could do differently tomorrow.

How to Measure the Results

For the experiment to be useful, do not rely only on memory. Record your observations at the

beginning and at the end of the seven days.

You can use a scale from 1 to 10 to rate:

Your level of focus.

How productive you feel.

Your perceived stress.

How easily you complete tasks.

You do not need extraordinary results. Even discovering that a change made no difference is useful information.

An Important Conclusion: An Experiment Is Not Proof

A personal experiment is not scientific research and cannot establish universal conclusions. Your results may depend on context, circumstances, and other factors.

Its real value is helping you understand yourself better, identify patterns, and make more thoughtful decisions.

Your Next Experiment Starts Today

Choose one behavior you want to observe, make a small change, and keep it up for seven days.

Do not try to change your whole life in one week. Start with a question, observe what happens, and learn from the results.

Sometimes a small change can reveal something you have overlooked for a long time.