

WELL-BEING LAB:

- *Turning Knowing into Doing with Playful Experimentation*



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INTRODUCTION

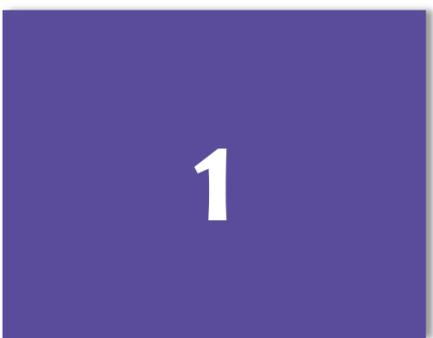




DESIGNING A WELL-BEING EXPERIMENT

Step-By-Step Guide

CHOOSE
YOUR
EXPERIMENT



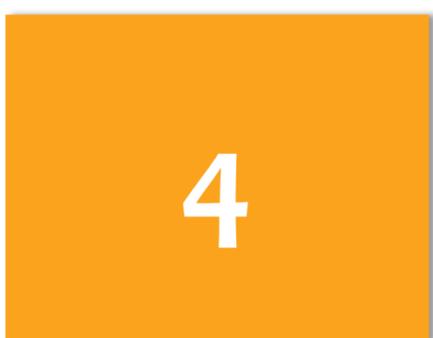
PLAN FOR
SUCCESS



RUN YOUR
EXPERIMENT



TRACK
PROCESS



REFLECT,
REFINE,
REPEAT



Step 1: CHOOSE YOUR EXPERIMENT

- 1 CONSIDER YOUR NEEDS & PRIORITIES RIGHT NOW
- 2 CHOOSE A WORKSHEET
- 3 DESIGN ONE FROM SCRATCH



CONSIDER YOUR NEEDS & PRIORITIES



1 PERSONAL GROWTH

2 PHYSICAL HEALTH

3 PSYCHOLOGICAL STRENGTHS

4 RELATIONSHIPS

5 RELAXATION/LEISURE

6 SOCIAL ENGAGEMENT & COMMUNITY SERVICE

7 TRANSCENDENT ACTIVITIES

FOCUSING QUESTION

WHAT DO YOU WANT TO FOCUS ON RIGHT NOW?

>> Breakout Rooms



9 PRE-MADE WORKSHEETS FOR SELF-EXPERIMENTS



1

**Vanquish
Languishing:
Plan It & Do It**



2

**Active
Constructive
Responding**



3

**Create
Kindness**



4

**Improve
Sleep**



5

**Savor Positive
Experiences**



6

**Expressive
Writing**



7

**Drink Less:
Try Dry or
Damp May**



8

**Practice
Positive
Emotions**



9

**Use
Strengths in
New Ways**

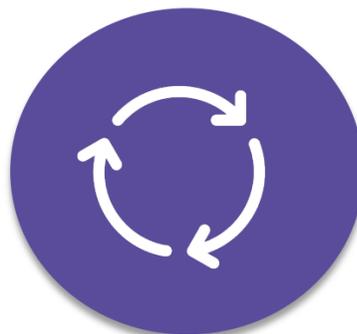


DESIGN A WELL-BEING EXPERIMENT FROM SCRATCH



1

Brainstorm a
Batch of 10
Behaviors



2

Be Open-
Minded,
Flexible



3

Pick 3
Behaviors



4

Pick Behaviors You
Can Easily Get
Yourself To Do



Step 2: PLAN FOR SUCCESS

- 1 SCHEDULE YOUR SUCCESS
- 2 USE PROMPTS
- 3 “IF-THEN” PLANS
(Implementation Intentions)
- 4 CONNECT WITH OTHERS



Step 3: RUN YOUR EXPERIMENT

- 1 PUT YOUR PLAN INTO ACTION
- 2 CELEBRATE EVERY WIN



Step 4: TRACK YOUR PROGRESS

- 1 GET A BASELINE BEFORE YOU START YOUR EXPERIMENT
- 2 MONITOR
- 3 FOCUS ON PROGRESS, NOT PERFECTION



Step 4: TRACK YOUR PROGRESS

APPENDIX MEASURING YOUR PROGRESS

Below are some examples of items to measure progress on your Well-Being Self-Experiment. Choose, discard, or add what you like. If you find a measurement practice too tough to sustain, then drop it. Maybe try again in the future.

*Scales in this Appendix were adapted from Richards et al. (2024). More measurement options can be found in the [ABA Well-Being Toolkit](#), including University of Pennsylvania's [Authentic Happiness website](#).

Examples of After-Activity Questions

EXAMPLES OF AFTER-ACTIVITY QUESTIONS	RESPONSES 1=Not at All; 9=Very much
How much enjoyment did you experience from this activity?	1-9
How much did the activity energize you?	1-9
After the activity, how much pride did you feel?	1-9
How much did you feel a sense of mastery while performing this activity?	1-9
How much pleasure did you feel while performing the activity?	1-9
How much did you connect with others during this activity?	1-9
How much distress did you experience while performing this activity?	1-9
TOTAL:	

Examples of After-Activity Reflection Questions

REFLECTION
Were there any factors external to the activity itself that might have affected your activity ratings?
If you want to design a recurring activity: Is there anything you would do to make this activity more comfortable (e.g., natural, easy, streamlined) to perform again in the future? Perhaps there is a smaller version of this activity you could perform more regularly?
Is there any activity related to this one that could bring you similar benefits?

Examples of Weekly Well-Being Tracking Questions

WEEKLY WELL-BEING QUESTIONS IDEAS	RESPONSES 1=Not at All; 9=Very much
This week I was happy.	1-9
This week I was energized.	1-9
This week I felt interested.	1-9
This week I used my nonwork time well.	1-9
This week I experienced pleasure.	1-9
This week I felt effective.	1-9
This week I connected with others.	1-9
This week I felt bad (e.g., anxious, upset, sad).	1-9 (Reverse)
	1-9
TOTAL:	
SINGLE-ITEM GLOBAL WELL-BEING QUESTION	
Rate your well-being from the past week	1=Very low; 9=Very high

GRAPHING TRENDS

Consider also tracking changes over the weeks of your experimenting.

- For example, you could rate your global well-being from the past week (1=Very low to 9=Very high) every Saturday before you go to bed.
- Charting your progress will allow you to observe long term patterns, especially when scores are charted. Research has found that using such graphs is reinforcing.

Weekly Average of Daily Well-Being Ratings



IN YOUR OWN WORDS: NARRATIVE TRACKING

- If you don't prefer numeric ratings, you can try briefly journaling about your experiences. This might include a few sentences about how the activity went, how it made you feel, what your thoughts and feelings are about the activity. You might try writing just a sentence or two each night before going to bed to track your well-being related to the activity (Richards et al., 2024).

Step 5: REFLECT, REFINE, REPEAT

- 1 LEARN FROM EXPERIENCE
- 2 ASK YOUR SELF QUESTIONS TO ASSESS PROGRESS
- 3 BALANCE FIXED ROUTINE VS. FLEXIBILITY
- 4 MAKE ADJUSTMENTS
- 5 REPEAT



PANEL DISCUSSION

- 1 WHAT DID THE PANEL LEARN FROM THEIR EXPERIMENTS?
- 2 WHAT CAN WE LEARN FROM THEIR EXPERIENCES TO APPLY TO OUR OWN EXPERIMENTS?



YOUR TURN: DESIGN YOUR OWN EXPERIMENT

>> Breakout Rooms



CONCLUSION

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THANK YOU

QUESTIONS?

