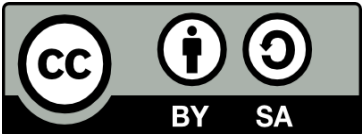
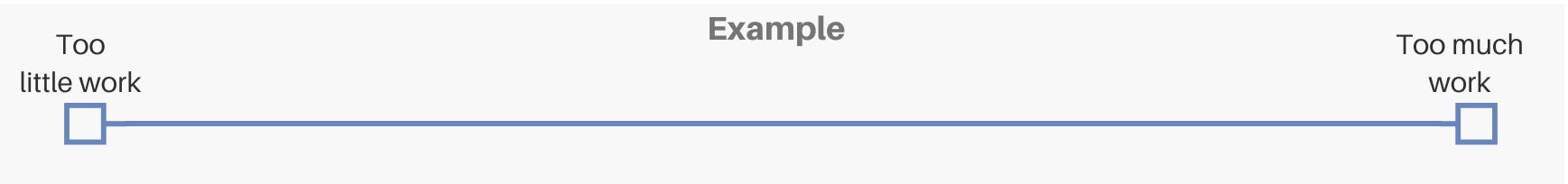


Spectrum Thinking Worksheet

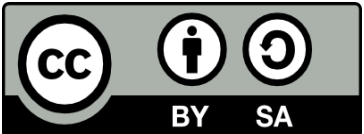


1. What decision are you trying to make?

2. Think of it as a spectrum of options & label the extremes on either end of the spectrum below.



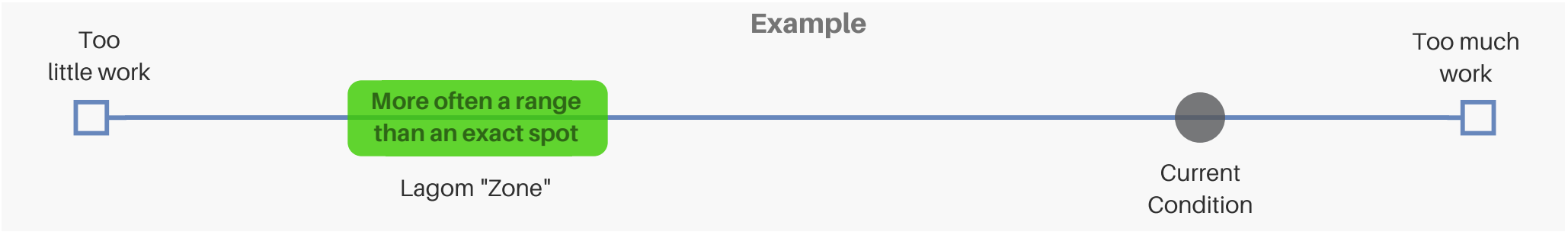
3. List what you expect to observe when you operate at each extreme. *Capture both positive and negative items.*



4. List what you observe when things are just right

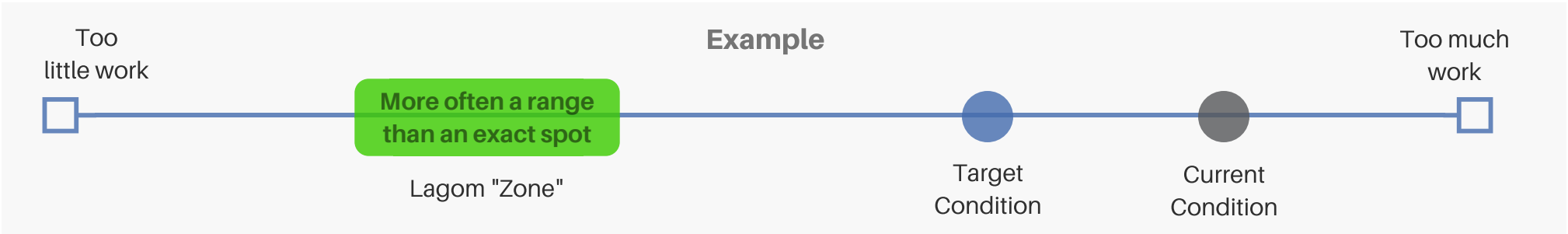
5. Capture what you observe in your current situation

6. Plot the ideal operating range (aka *Lagom*) and your current condition on the spectrum on page 1.



Getting to Lagom

7. Determine and plot a target condition on the spectrum on page 1.



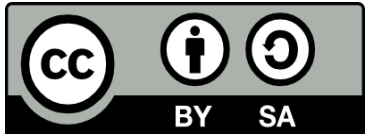
8. List signals you'll observe at your target condition.

9. List trade-offs that might need to be made

10. Plan and execute your experiment

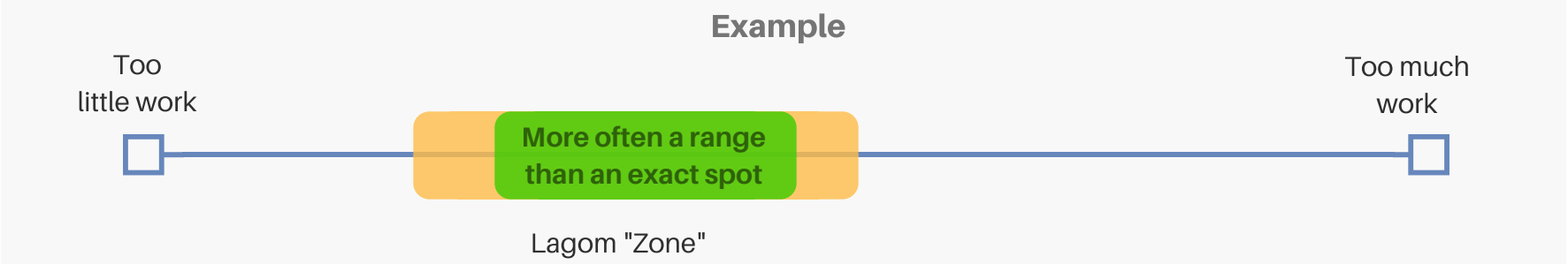
Repeat this page as many times as needed

Date & step	What you expect + metrics		What happened	What you learned
		Experiment		



Staying Lagom

Staying there is as important as getting there



11. List signals you're leaving your Lagom Zone	12. For each, determine how will you monitor for that signal