

30-Day Curiosity Sprint

Build Meaning Without a Single Passion

Welcome

A 30-day workbook of micro-experiments, reflection, and gentle momentum.

Daily outputs, weekly reviews, and a kind decision at month's end.

Name: _____

Sprint Dates: _____

Your Sprint at a Glance

- 20-40 minutes of focused making each day
- One small weekly deliverable
- Week 2: two short conversations + Tiny Service Test
- Week 4: review energy, usefulness, and skill growth

Foundations

- Autonomy: choose your domain and constraints
- Competence: create visible progress with tiny outputs
- Relatedness: add weekly social oxygen for feedback

Your Curiosity Contract

Domain for this Sprint: _____

Why now (your honest reason): _____

Daily window (20-40 min): _____

Weekly outcome (small, done): _____

Constraints I will respect: _____

Signature to Self

Top Values for This Season

Non-Negotiables & Boundaries

Possible Domains

Idea 1: _____

Idea 2: _____

Idea 3: _____

Idea 4: _____

Idea 5: _____

Idea 6: _____

Adjacent Pivots

Weekly Schedule

Mon — Time: _____ Focus: _____

Tue — Time: _____ Focus: _____

Wed — Time: _____ Focus: _____

Thu — Time: _____ Focus: _____

Fri — Time: _____ Focus: _____

Sat — Time: _____ Focus: _____

Sun — Time: _____ Focus: _____

Sessions

Day 1 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 2 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 3 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 4 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 5 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 6 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 7 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 8 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 9 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 10 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 11 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 12 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 13 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 14 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 15 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 16 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 17 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 18 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 19 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 20 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 21 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 22 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 23 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 24 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 25 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 26 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 27 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 28 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Sessions

Day 29 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 30 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 31 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

Day 32 — Start: ____ End: ____

Today's tiny deliverable

Tomorrow's first step

What I tried · What I noticed · One adjustment

Entry 1

Lined area for Entry 1

Entry 2

Lined area for Entry 2

Lined area for additional notes

What I tried · What I noticed · One adjustment

Entry 5

Lined writing area for Entry 5, consisting of 15 horizontal lines.

Entry 6

Lined writing area for Entry 6, consisting of 15 horizontal lines.

Additional lined writing area at the bottom of the page, consisting of 5 horizontal lines.

Before · During · After

Day 01 Before During After

Day 02 Before During After

Day 03 Before During After

Day 04 Before During After

Day 05 Before During After

Day 06 Before During After

Day 07 Before During After

Day 08 Before During After

Before · During · After

Day 09 Before During After

Day 10 Before During After

Day 11 Before During After

Day 12 Before During After

Day 13 Before During After

Day 14 Before During After

Day 15 Before During After

Day 16 Before During After

Before · During · After

Day 17 Before During After

Day 18 Before During After

Day 19 Before During After

Day 20 Before During After

Day 21 Before During After

Day 22 Before During After

Day 23 Before During After

Day 24 Before During After

Two Conversations

Person 1: _____ Date: _____ Time: _____

Three generous questions

One tiny helpful task I can complete

Person 2: _____ Date: _____ Time: _____

Three generous questions

One tiny helpful task I can complete

Tiny Service Test

Plan & Ship

Problem it solves: _____

Recipient: _____ Due date: _____

Minimum spec (strip to core): _____

Build steps

After shipping: story of impact + one improvement

Energy · Usefulness · Skill Growth

Energy — where it was steady or alive

Usefulness — who benefited and how

Skill growth — micro-skills that improved

Decision — double down, pivot adjacent, or park & schedule

Plan the Next 30 Days

If doubling down, bigger deliverable: _____

If pivoting adjacent, new domain: _____

Carry-over strengths to emphasize: _____

Bottleneck skills to train: _____

First week milestones

Accountability & supports

Mark your daily session

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>
Day 7 <input type="checkbox"/>	Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>	Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>
Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>	Day 15 <input type="checkbox"/>	Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>
Day 19 <input type="checkbox"/>	Day 20 <input type="checkbox"/>	Day 21 <input type="checkbox"/>	Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>
Day 25 <input type="checkbox"/>	Day 26 <input type="checkbox"/>	Day 27 <input type="checkbox"/>	Day 28 <input type="checkbox"/>	Day 29 <input type="checkbox"/>	Day 30 <input type="checkbox"/>

Week 1 Review

Week 2 Review

Week 3 Review

Week 4 Review

Use These When Stuck

- What is the smallest deliverable I can finish in 20 minutes?
- What felt a little easier today than yesterday?
- If I had to help one person by Friday, what would I ship?
- What is one question I can bring to my next conversation?
- What dial can I nudge: time, challenge, or support?
- If envy shows up, what exactly do I envy—agency or community?

Closing Reflection

Three sentences about what changed this month:

What I will do in the next 7 days:

Next Sprint start date: _____

Optional accountability partner: _____