

# Think Like A Scientist

## Reflection Guide



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# EXPERIMENT, FAIL, GROW

*Welcome!*

I'm really glad you're here, and I want to applaud the choice you made to open this workbook and spend time with it. It may not look like much from the outside, just a few pages and some prompts, but this kind of work asks for attention and honesty in a way that most things in daily life do not. Taking even a few minutes to pause and reflect is a meaningful step.

I've designed this workbook to give you a different way to approach growth, especially if you have been feeling stuck, unsure, or caught in cycles of overthinking and hesitation. Instead of trying to get everything right, you will be practicing how to learn as you go. You will be turning ideas into small experiments, noticing what happens, and using that information to guide your next step.

You do not need to have clarity before you begin. You do not need to feel confident. The process itself is what builds both.

As you move through these pages, you might notice moments where your mind wants to get the "right" answer or complete each section in a polished way. That is a familiar pattern for many people, and it is not required here. This work is more useful when it is honest than when it is neat.

You can write something simple, change your mind halfway through, leave things unfinished, or come back later with a different perspective. All of that counts as engagement with the process.

# EXPERIMENT, FAIL, GROW

I can also help to return to this workbook more than once. The same questions will land differently depending on where you are, what you are working on, and what you have learned since the last time you looked at them. Repetition is part of how this approach works, each round gives you more data, more awareness, and more direction.

If you take one thing from this, let it be this:

You are not here to prove anything. You are here to explore, to test, and to learn.

That is more than enough.

Let's get started!

With you,

*Danielle Sullivan*

Need more support? Learn more at [www.neurodiverging.com](http://www.neurodiverging.com)

## *Notice the Pattern*

In your journal or on another piece of paper, take the time to answer these questions. Come back to them often as you try more things and build your understandings of what works for you, and what doesn't.

**Think about something you want to move forward with right now. This could be a project, a goal, a decision, or something you have been putting off.**

1) What is it?

2) What has been happening instead of taking action?  
(overthinking, delaying, researching, refining, avoiding, etc.)

3) What feels high stakes about this? What might it mean if it doesn't go well?

## *Separate Identity from Outcome*

1) When your idea has not moved forward, what thoughts tend to come up? Write a few of them here.

2) Now, rewrite each one as neutral data. Example:

"This failed" → "This approach did not work the way I expected. I wonder why?"

Your reframes:

## *Shift into Experiment Mode*

You are not committing to a final outcome here! You are just designing a small test.

1) What is one experiment you could run? Make it specific and time-bound.

2) What you think might happen?

3) What is the smallest version of this you could try?

## *Define Success Differently:*

Instead of focusing on whether this “works,” define success as learning.

What would make this experiment successful, regardless of outcome?

Example: “I completed it and learned something useful”

## *Collect Data*

After you run the experiment, reflect without judgment.

1) What actually happened?

2) What went well?

3) What did not work the way you thought it would?

*Use this page for any additional notes, ideas, or brainstorming.*

**About:** Danielle Sullivan is the founder of Neurodiverging Coaching, parent of 2, and a multiply-certified coach offer support, structure, and community for neurodivergent adults who are ready to move forward. Build a life that works with your brain! Learn more at [www.neurodiverging.com](http://www.neurodiverging.com).