



LECTIO VITAE COMPANION TOOL

The Not-Yet Experiment

A simple 30-day practice for turning one fixed limitation into evidence that you can grow.

Your current ability is not your final ability.
You may simply not be there yet.

READ LIFE DEEPLY. LIVE IT DELIBERATELY.

START HERE

Two small words can reopen a closed door

A fixed mindset turns a current limitation into a permanent identity: I am not creative. I cannot lead. I am simply not disciplined.

The words not yet do something different. They do not pretend you already possess the skill. They remind you that ability can be developed through effort, feedback, failure and another attempt.

For the next 30 days, choose one ability you want to develop. Practice it in small, repeatable ways and collect evidence that you are capable of change.

The experiment has four rules

- 1 Choose one narrow growth target.
- 2 Practice something small most days.
- 3 Treat mistakes as information.
- 4 Measure change against your starting point - not someone else's highlight reel.

Keep this sentence nearby

"I do not have to be good at this today. I have to be willing to become better."

STEP 1

Name the old story

Growth begins by noticing the sentence you have repeated so often that it now sounds like a fact.

The fixed belief

Complete the sentence: "I am not the kind of person who can..."

Where did this story come from?

A failure, criticism, comparison, family label or conclusion you reached years ago?

How has it limited you?

What have you avoided, delayed or left unexplored because you believed it?

A familiar belief is not automatically a true belief. Sometimes it is merely an old sentence with excellent attendance.

STEP 2

Add not yet

Replace the verdict with an honest statement of development. This is not denial. It is a more complete description of reality.

The old sentence

Write the fixed version: "I cannot..." or "I am not..."

The not-yet version

Rewrite it: "I have not learned to...yet" or "I am becoming someone who..."

Evidence that growth is possible

When have you learned, improved or changed before - even slowly?

The new working belief

Write one sentence that is hopeful, specific and honest enough to believe.

Positive thinking says you are already wonderful at everything. A growth mindset says you can improve if you are willing to work.

STEP 3

Choose a target you can practice

Do not attempt to become a completely new human by next Thursday. Choose one ability that can be exercised.

The ability I want to develop

Name a skill, habit or quality - not a vague aspiration.

What better looks like in 30 days

What small, observable improvement would count as real progress?

Why this matters

How would growth here affect your faith, work, health, relationships or service?

My target is small enough to...

☐ Practice regularly

☐ Measure honestly

☐ Fail safely

☐ Adjust as I learn

Thirty days should produce evidence, not mastery. Mastery has a much longer waiting list.

STEP 4

Design the daily rep

Growth compounds when the action is clear enough to repeat and small enough to survive an ordinary day.

The practice

What specific action will build this ability?

Make the plan hard to misunderstand

I will _____ specific action

for _____ minutes or repetitions

on _____ days and time

at _____ place

The bad-day version

What tiny version will keep the experiment alive when energy, time or enthusiasm disappears?

Support and feedback

Who or what will help you learn rather than merely applaud?

Small enough to repeat beats impressive enough to abandon.

TRACK THE EVIDENCE

Days 1-15

Mark the practice, then record one useful observation. A checkmark proves attendance; the note helps you learn.

DAY	DONE	WHAT I NOTICED / LEARNED
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	
8	☐	
9	☐	
10	☐	
11	☐	
12	☐	
13	☐	
14	☐	
15	☐	

Look for evidence of effort, learning, adjustment and recovery - not just flawless performance.

TRACK THE EVIDENCE

Days 16-30

Mark the practice, then record one useful observation. A checkmark proves attendance; the note helps you learn.

DAY	DONE	WHAT I NOTICED / LEARNED
16	☐	
17	☐	
18	☐	
19	☐	
20	☐	
21	☐	
22	☐	
23	☐	
24	☐	
25	☐	
26	☐	
27	☐	
28	☐	
29	☐	
30	☐	

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Make the mistake useful

A mistake becomes wasted only when you refuse to learn from it.

What happened?

Describe the attempt and result without calling yourself names.

What did the result teach me?

Separate the useful information from the disappointment.

What will I change next time?

Adjust the method, timing, difficulty, support or environment.

When will I try again?

Give the next attempt a real date rather than a vague someday.

Failure is not the opposite of growth. Properly handled, it is part of the equipment.

Review the evidence

Compare yourself with the person who began this experiment - not the person who has practiced for twenty years.

What can I do now that I could not do before?

Name even modest changes in ability, confidence, understanding or consistency.

What changed in the story I tell about myself?

Which fixed belief has become harder to defend?

What helped me grow?

Identify the practice, feedback, support or adjustment that mattered most.

What is still not yet?

Name the next stage without treating unfinished as failure.

My next experiment begins with: _____

The not-yet promise

I will not confuse my current ability with my permanent ability. I will keep learning, practicing and becoming.

SIGNATURE

DATE