

Personal AI Experiment Planner

A one-page canvas for designing your first AI experiment. Fill in each section, test your hypothesis, then reflect.

Name: _____ Role: _____

Date: _____ Organization: _____

1 MY ROLE & CONTEXT

- What is my current role in L&D / facilitation / training?
- What is my current comfort level with AI? (1-10)
- What AI tools (if any) have I already tried?
- What's one thing I wish AI could help me do better?

2 THE PROBLEM I'M SOLVING

- What specific pain point or bottleneck am I targeting?
- How much time/effort does this currently take?
- Who is affected? (me, my learners, my team, my org)
- What would 'better' look like, concretely?

3 THE TOOL I'M TESTING

- Which AI tool am I experimenting with?
- Why this tool? What drew me to it?
- What category? (coaching, practice, facilitation, content, etc.)
- What's the cost? Free tier available?

4 MY HYPOTHESIS

- Complete this sentence:
- "If I use [TOOL] for [SPECIFIC TASK]..."
- "I expect [MEASURABLE OUTCOME]..."
- "Because [REASONING / EVIDENCE]..."
- What assumption am I testing?
- What would prove me wrong?

5 THE EXPERIMENT DESIGN

- What exactly will I do? (step by step)
- How long will the experiment run?
- Who's involved? (just me, a pilot group, a full cohort)
- What's my control? (what am I comparing against?)
- What data will I collect along the way?

6 SUCCESS METRICS

- What am I measuring? (time saved, quality, engagement, etc.)
- How will I measure it? (survey, observation, data, comparison)
- What number would make this a clear win?
- What number would make me stop?

7 RISKS & SAFEGUARDS

- What could go wrong? (quality, bias, data privacy, trust)
- How do I protect my learners?
- What's my 'kill switch' if it's not working?
- Who do I need to inform or get buy-in from?

8 REFLECTION (AFTER THE EXPERIMENT)

- What surprised me?
- What would I do differently next time?
- Did the tool make me better, or just busier?
- What's my next experiment?
- Who should I share this with?