

Design One Reversible Test This Week

A 25-minute Agency Test Map to separate real prerequisites from intelligent procrastination — then let one private idea meet reality safely.

PRACTICAL FOUNDER RESOURCE

THE PROMISE

Leave with one small test, one signal and one date.

You are finished when the test can run within seven days, does not require a full build, and has a safe next step for yes, no or silence.

STEP 1

Separate safety from avoidance

Carefulness is not the problem. Keep genuine clinical, ethical and practical boundaries. Remove preparation that only delays contact with a real person or real behaviour.

THE PRIVATE IDEA

What idea keeps returning — in a notes app, voice note, half-written message or repeated conversation?

WHAT I SAY I AM WAITING FOR

Complete the sentence: "I can test this when..."

THREE-GATE CHECK

- ☐ SAFETY: Does this first test involve clinical care, diagnosis, treatment, patient data, regulated advice or another real governance risk?
- ☐ SCOPE: Does it require training, supervision, indemnity, consent, data protection or institutional permission before this exact test?
- ☐ REALITY: If not, am I using more research, polishing, certification, branding or website work to avoid a clear response?

DECISION

Keep the genuine prerequisite: _____ Remove this delay: _____

STEP 2

Make the test small enough to run

A useful first test is not the smallest task. It is the smallest action that lets the idea meet reality and could change what you do next.

CONVERSATION

- ☐ Ask 3–5 reachable people about the problem, current workaround and urgency.

INVITATION

- ☐ Invite a small number of people to a call, workshop, waitlist or paid pilot.

MANUAL VERSION

- ☐ Deliver the workflow by hand before building software or automation.

USEFUL OBJECT

- ☐ Share a rough checklist, map, message or worksheet and observe what people do.

MY TEST IN ONE SENTENCE

I will [put what] in front of [which 3–5 people] by [date] to learn [what question].

REVERSIBILITY CHECK

- ☐ This can run within seven days, costs little, protects confidentiality and safety, and can stop without harming a patient, colleague, customer or my main role.

If you cannot tick this, shrink the test again.

STEP 3

Choose the signal before you act

Do not ask the test to prove the whole business. Ask it to answer one uncertainty. A compliment is pleasant; behaviour gives stronger signal.

SIGNAL LADDER

WEAK: "That sounds good." → USEFUL: names the pain or workaround → STRONGER: gives time, data, introduction, booking or payment.

Choose the lightest signal that would genuinely alter your next decision.

THE ONE SIGNAL I WILL WATCH

A reply, repeated phrase, described workaround, introduction, booking, deposit, trial, use or referral.

ILLUSTRATIVE WORKED EXAMPLE

A rota handover idea — without building an app

Private idea: a tool that helps clinicians resume improvement projects after shifts interrupt them.

Small test: give a one-page re-entry checklist to three colleagues with paused projects.

Signal: two use it to name a next action or ask to share it.

Safe failure: nobody uses it; ask what made it irrelevant or awkward.

Next decision: if used, revise once; if not, revisit the problem before building.

One test. One signal. One date.

Complete this page before doing more preparation. Pre-decide what you will do with each result so future-you does not need to reopen the whole decision.

MY PRIVATE IDEA

The idea I am allowing to meet reality:

MY GENUINE PREREQUISITE OR BOUNDARY

What must remain safe, ethical, in-scope or permissioned:

MY REVERSIBLE TEST

I will [action] with [3–5 reachable people] to learn [one uncertainty]:

MY SIGNAL AND DATE

The behaviour I will watch: _____ Run by: _____

PRE-DECIDE THE NEXT MOVE

IF YES: _____ IF NO: _____

IF SILENCE: _____ My safe failure budget is: _____

COMPLETION CRITERION

☐

I can run this within seven days, name the signal in advance, and know my next step for yes, no or silence.

Run the test with support

A reversible test creates value only when you run it, read the signal honestly and decide what to do next. You do not have to implement that alone.

NEED HELP IMPLEMENTING THIS?

Join the Clinician Founder Actionship

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Bring your test sentence, your chosen signal and the boundary you need to protect. Leave with a clearer action and accountability to run it.