

Experiments in Astonish Yourself: 101 Experiments in the Philosophy of Everyday Life
by Roger-Pol Droit.

Call yourself	Empty a word of its meaning	Look in vain for "I"
Make the world last twenty minutes	See the stars below you	See a landscape as a stretched canvas
Lose something and not know what	Recall where you were this morning	Hurt yourself briefly
Feel eternal	Telephone at random	Rediscover your room after a journey
Drink while urinating	Make a wall between your hands	Walk in the dark
Dream of all the places in the world	Peel an apple in your head	Imagine yourself high up
Imagine your imminent death	Try to measure existence	Count to a thousand
Dread the arrival of the bus	Run in a graveyard	Play the fool
Watch a woman at her window	Invent lives for yourself	Look at people from a moving car
Follow the movement of ants	Eat a nameless substance	Watch dust in the sun
Resist tiredness	Overeat	Play the animal
Contemplate a dead bird	Come across a childhood toy	Wait while doing nothing
Try not to think	Go to the hairdresser	Shower with your eyes closed
Sleep on your front in the sun	Go to the circus	Try on clothes
Calligraphize	Light a fire in the hearth	Be aware of yourself speaking
Weep at the cinema	Meet up with friends after several years	Browse at the bookseller's
Become music	Pull out a hair	Walk in an imaginary forest
Demonstrate on your own	Stay in the hammock	Invent headlines
Listen to short-wave radio	Turn off the sound on the TV	Rediscover a childhood scene that seemed larger
Get used to eating something you don't like	Fast for a while	Rand for ten minutes
Drive through a forest	Give without thinking about it	Look for a blue food
Become a saint or sinner	Recover lost memories	Watch someone sleeping
Work on a holiday	Consider humanity to be an error	Inhabit the planet of small gestures
Disconnect the phone	Smile at a stranger	Enter the space of a painting
Leave the cinema in daytime	Plunge into cold water	Seek out immutable landscapes
Listen to a recording of your voice	Tell a stranger she is beautiful	Believe in the existence of a smell
Wake up without knowing where	Descend an interminable staircase	Swallow your emotion
Fix the ephemeral	Decorate a room	Laugh at an idea
Vanish at a pavement cafe	Row on a lake in your room	Prowl at night
Become attached to an object	Sing the praises of Santa Claus	Play with a child
Encounter pure chance	Recite the telephone directory on your knees	Think about what other people are doing
Practice make-believe everywhere	Kill people in your head	Take the subway without going anywhere
Remove your watch	Put up with a chatterbox	Clean up after the party
Find the infinitesimal caress		

Other possible sources:

Waking Life Practice waking dreams.

Dead Poets' Society See the classroom from a tabletop; read quotes and kick balls; etc.

Radical Honesty by Brad Blanton – Shout the complete truth.

Einstein's Dreams by Alan Lightman – Live according to other forms of time.

The Art of Possibility by Rosamund Stone Zander and Benjamin Zander – "The Practices":
It's All Invented, Stepping into a Universe of Possibility, Giving an A, ...

Other experiments:

Video Recording Mind Melding Record one person's behavior and have another model it.

Hypnosis Also other subconscious-dominated modes of consciousness (drumming, mediation)

Dramatic Reading of Platonic Dialogues As may have been done in the Academy.

Myers-Briggs Personality Test Know thyself.