4 STEPS TO A

PERSONAL "RETRO FRIDAY"

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The "Retrospective" isn't just for Software development teams.

I've adopted this powerful Agile SDLC concept into a personal practice that has changed how I approach continuous improvement personally and professionally.

My personal 'Retro Friday' practice includes 4 aspects/questions...

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1. Energy

Question: What work energized me this week?

Why this helps: This question gives me insight into what motivated me. Conversely, it allows me to reflect on what I might be able to eliminate, outsource or delegate next week.

2. Support

Question: Where did I feel most supported?

Why this helps: This question allows me to reflect on the people and or tools I could express gratitude for. By asking myself how I was supported, versus what I am greatful for, my notes of gratitude/positive product reviews have become very specific.

3. Obstacle

Question: What obstacle affected my well-being?

Why this helps: This question identifies roadblocks to my mental well-being, not my productivity. It gives me a starting point for problem-solving, and what kind of rest I might need.

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4. Improve

Question: What's ONE thing that could improve next week?

Why this helps: This question gives ideas for a "quick win", and forces me to think of a small change I can make or implement in the upcoming week.

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This personal 'Retro Friday' practice takes less than 15 minutes, and has really made a tangible positive impact on my life.

Have you adoped a "Retro Friday"? If not, would you like to go Retro with me?

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