Agile Self-Improvement

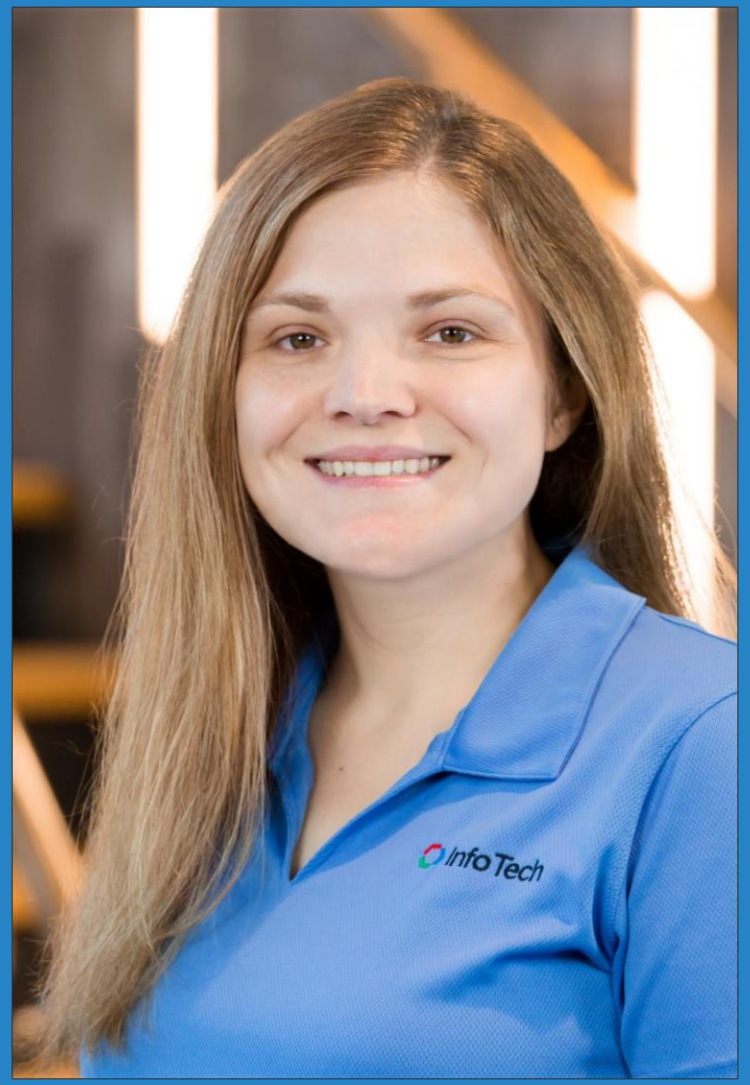
Jenn Edge

Complete

To Do

- Background
- Growth Mindset and Iterative Development
- Self-Improvement MVPs
- Inspect and Adapt
- Automate: Habits and Environmental Design

Overview



InfoTech®

Jenn Edge

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My Accomplishments

- Software Developer to Assistant Director
  - Technical Knowledge
    - AWS Certification
  - Communication
  - Leadership
  - Management
- Public Speaking
- Weight Loss
- Raising a Family
- Decluttering House

Agile?

Scrum	XP	Lean	Kanban
LeSS	SAFe	Adaptive software development	Agile unified process
Disciplined agile delivery	Dynamic systems development method	Feature-driven development	Rapid application development

Agile?

Scrum

Backlog
Sprints
Daily Stand-up

Empiricism
- Inspect and Adapt

Agile?

XP

YAGNI
- (You Aren't Going to Need It)

Frequent Releases

Sustainable Pace

Pair Programming

Agile?

Lean

Eliminate Waste
Iterations
Motivation
Measurements

Agile Manifesto

We are **uncovering better ways** of developing software by doing it and helping others do it. Through this work we have come to value:

Individuals and Interactions over processes and tools

Working Software over comprehensive documentation

Customer Collaboration over contract negotiation

Responding to Change over following a plan

That is, while there is value in the items on the right, we value the items on the left more.

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Growth Mindset

Brain grows new pathways

Carol Dweck

- Stanford Professor
- Researcher
- Mindset: The New Psychology of Success

Fixed Mindset and Growth Mindset

Fixed

Growth

Growth Mindset

Put in effort

Seek challenges

Learn from feedback

Don’t just prove, **Improve**

Failures are Learning Opportunities

Yesterday is done

What Matters Most

Make a Better Decision Tomorrow

Learn from Failure

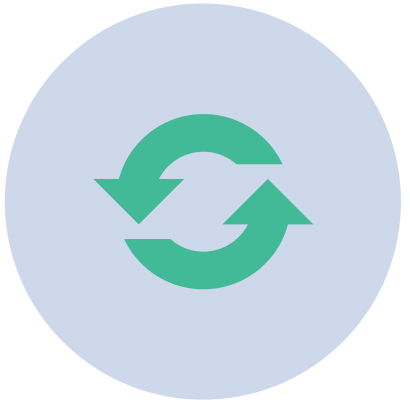
Power of **Yet**

Failure Does Not Define You

Anticipates Future Success

Prototypes

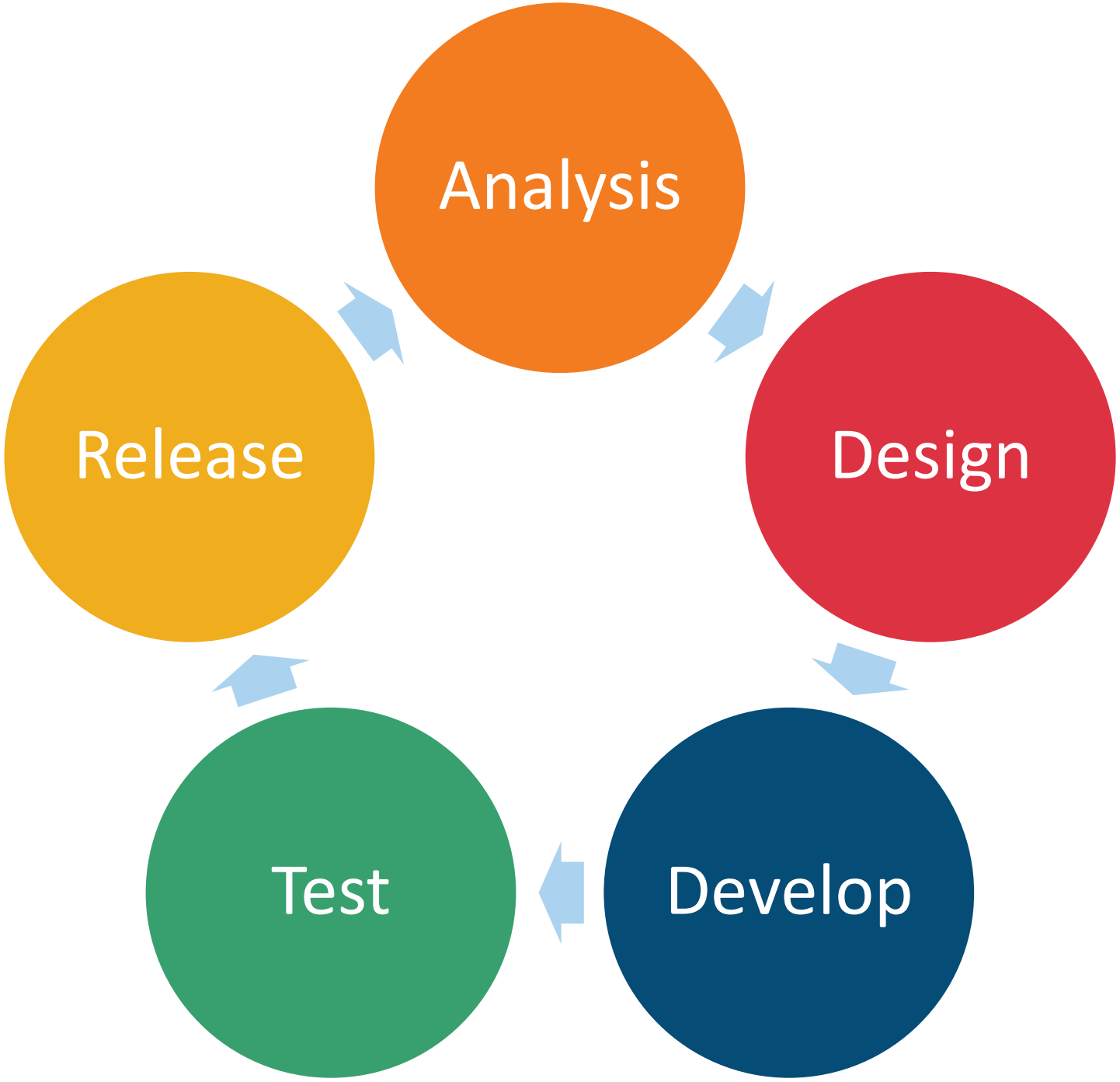
Enhancement Requests



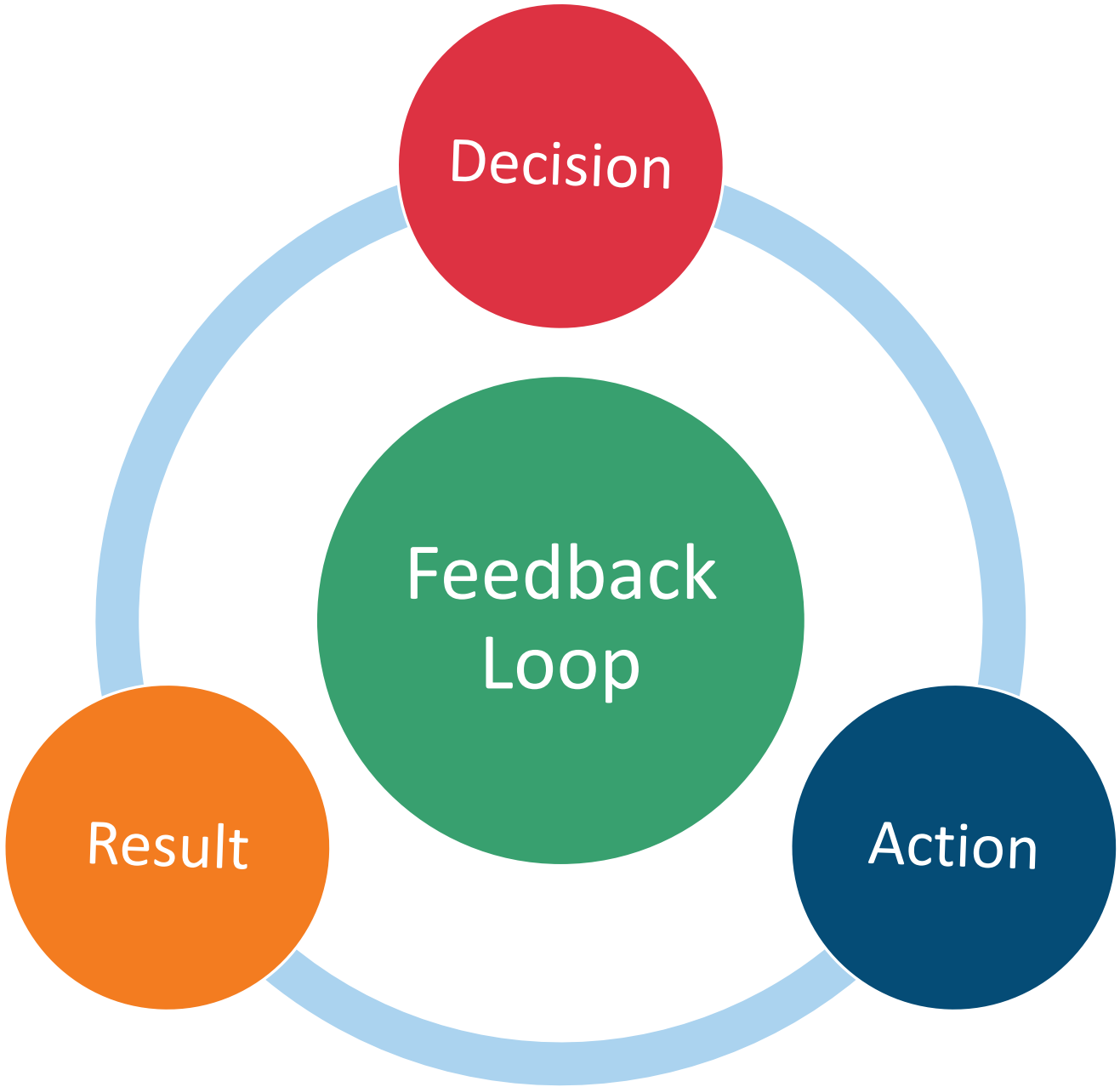
Continuous Improvement

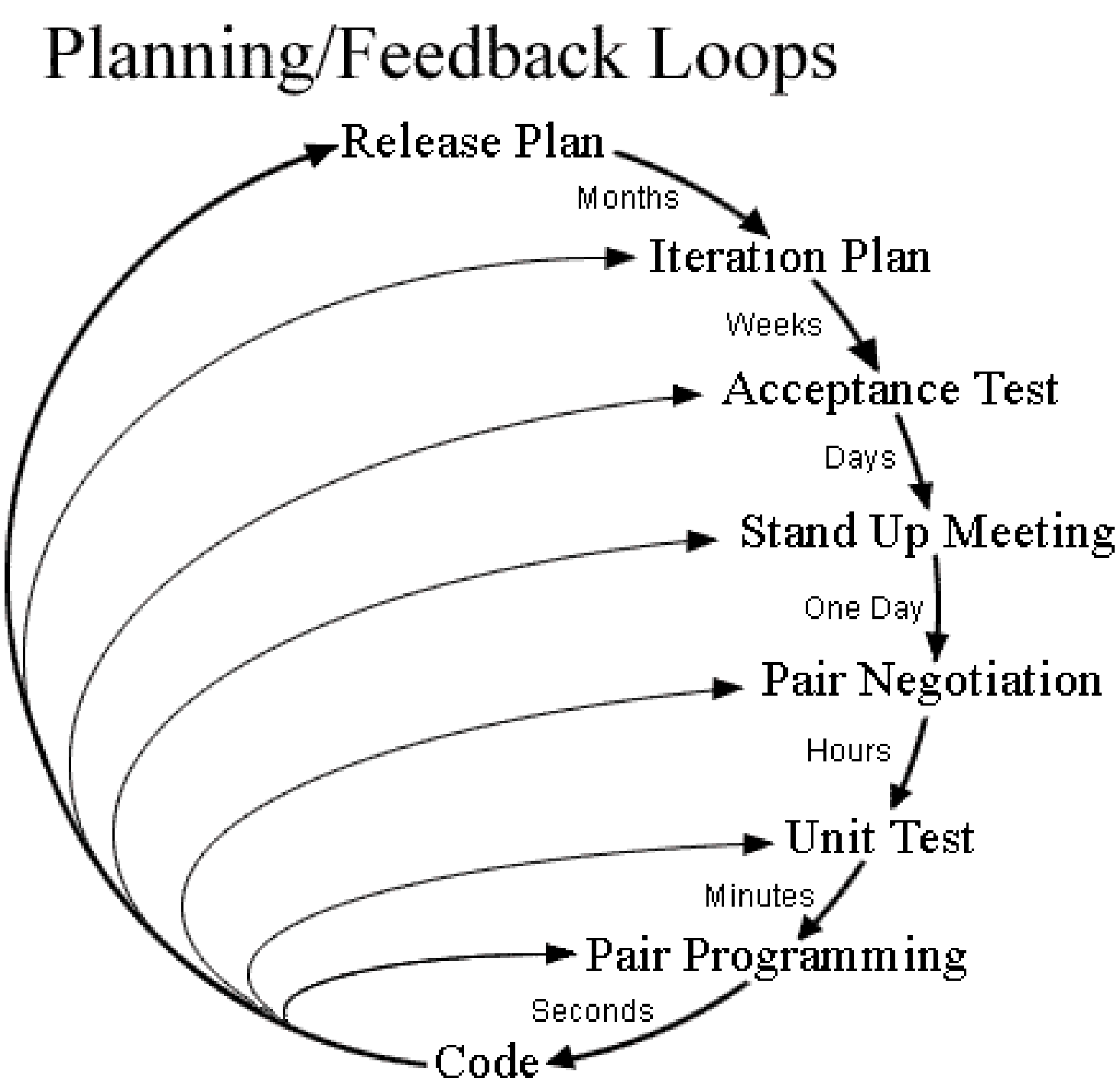
Software Is Built On **Yet**

Software Development Life Cycle



Iterative Development





eXtreme Programming

Image by Don Wells:
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https://en.Wikipedia.Org/wiki/file:xp-feedback.Gif

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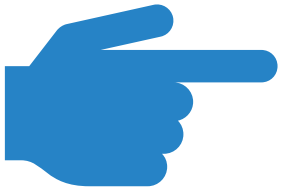
Minimum Viable Product



Smallest Useful Piece

Release Early and Often

Frequent Feedback

Product Backlog: New Social Network

Profiles

Create Profile

Search Profiles

Login

Create New User

Google Login

Post Messages

Profile Privacy

Message Privacy

Backlog: Graduating

College Requirements	• Calculus 1-2
Major Requirements	• Intro to CS • Compilers
Electives	• Linguistics

Personal Backlog

School Errands

Paperwork

Get Supplies

AWS Certification

Whitepapers

Tutorials

Organize House

Renovate Bathroom

Learn to Play Guitar

Main Objective

BIG PICTURE

What do you want to gain from your experiences?

TYPES OF GOALS

Technical Skills

Interpersonal Skills

Career Paths and Preferences

Connections

Why is this important to You?

What does Success look like?

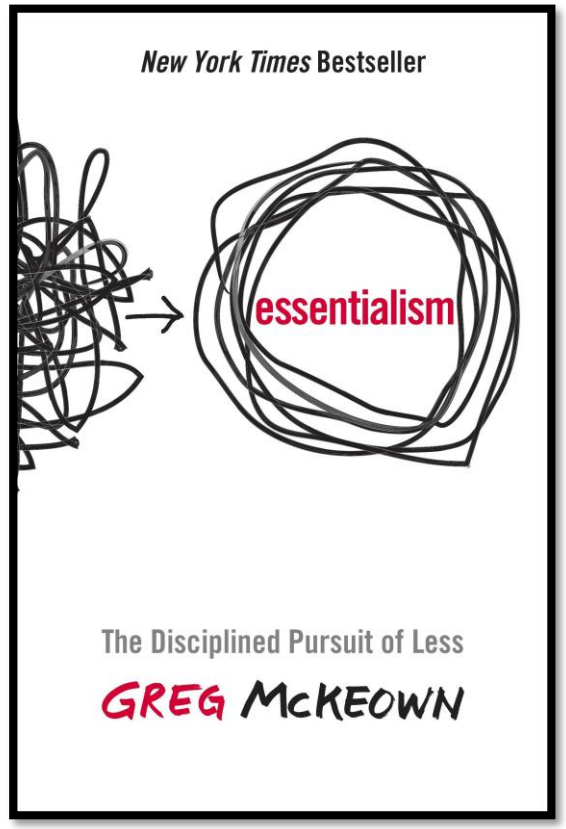
How can you prototype your success?

What small steps can you take?

Break Down Goals

Minimum Viable Progress

Tweet About Subject → Blog Post → Chapters of the Book



Sustainable Pace

Smaller Effort Over Time

Avoid Burnout

Subconscious Inspiration

Handle Unexpected Roadblocks

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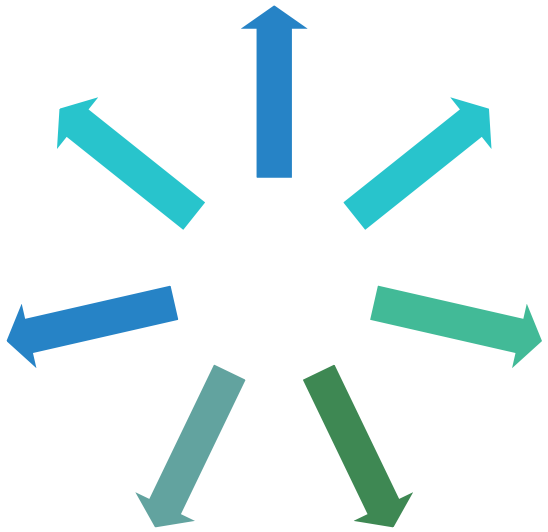
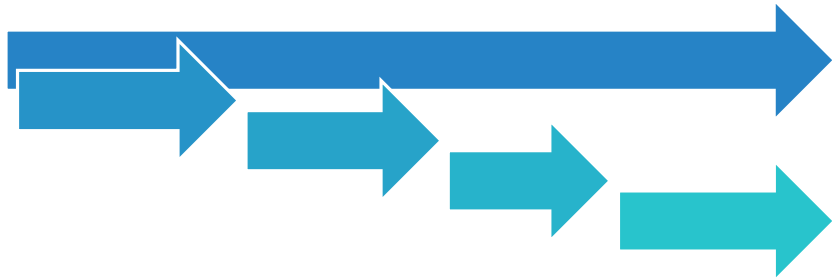
Focus

SCATTERED EFFORT



SUSTAINED EFFORT



Seeing Waste

Spend time on only what **adds value**

Optimize **the whole**

Is it the highest priority?

Start for 5-10 minutes

Measurements

Daily Review

Task List

Test Scores

Food Journaling

Accomplishment Log

Journal

Update Resume

Zeigarnik Effect

Retrospectives

What went Right?

What can be Improved?

What is next?

Share

Accountability

Celebrate Your Progress

Unexpected Opportunities

Crowdsourced Learning

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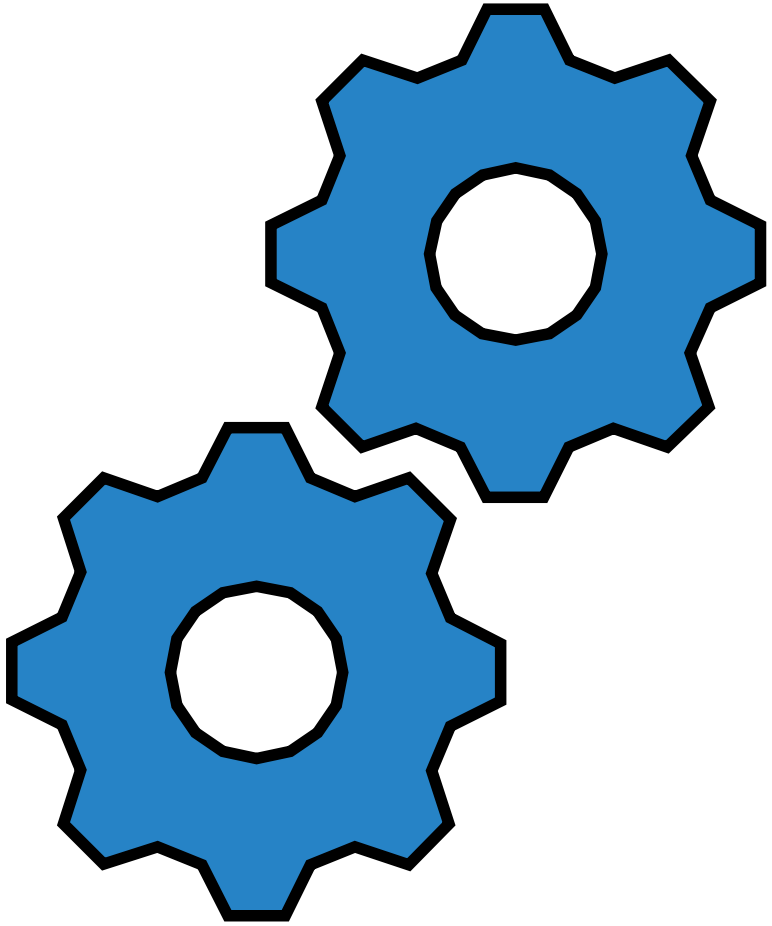


Automation

Scripts

Continuous Integration

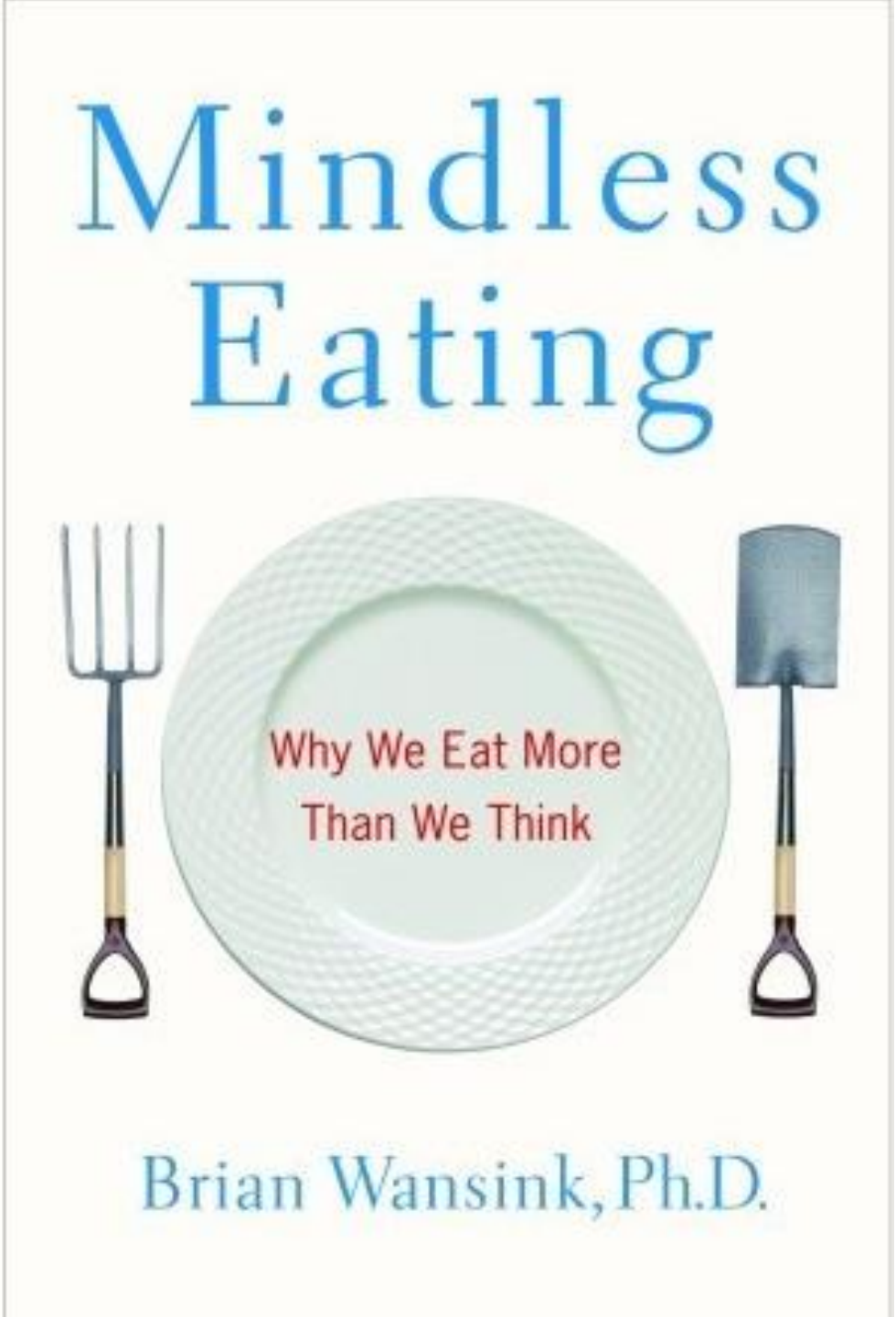
Continuous Deployment

Automation: Habits

Daily goals

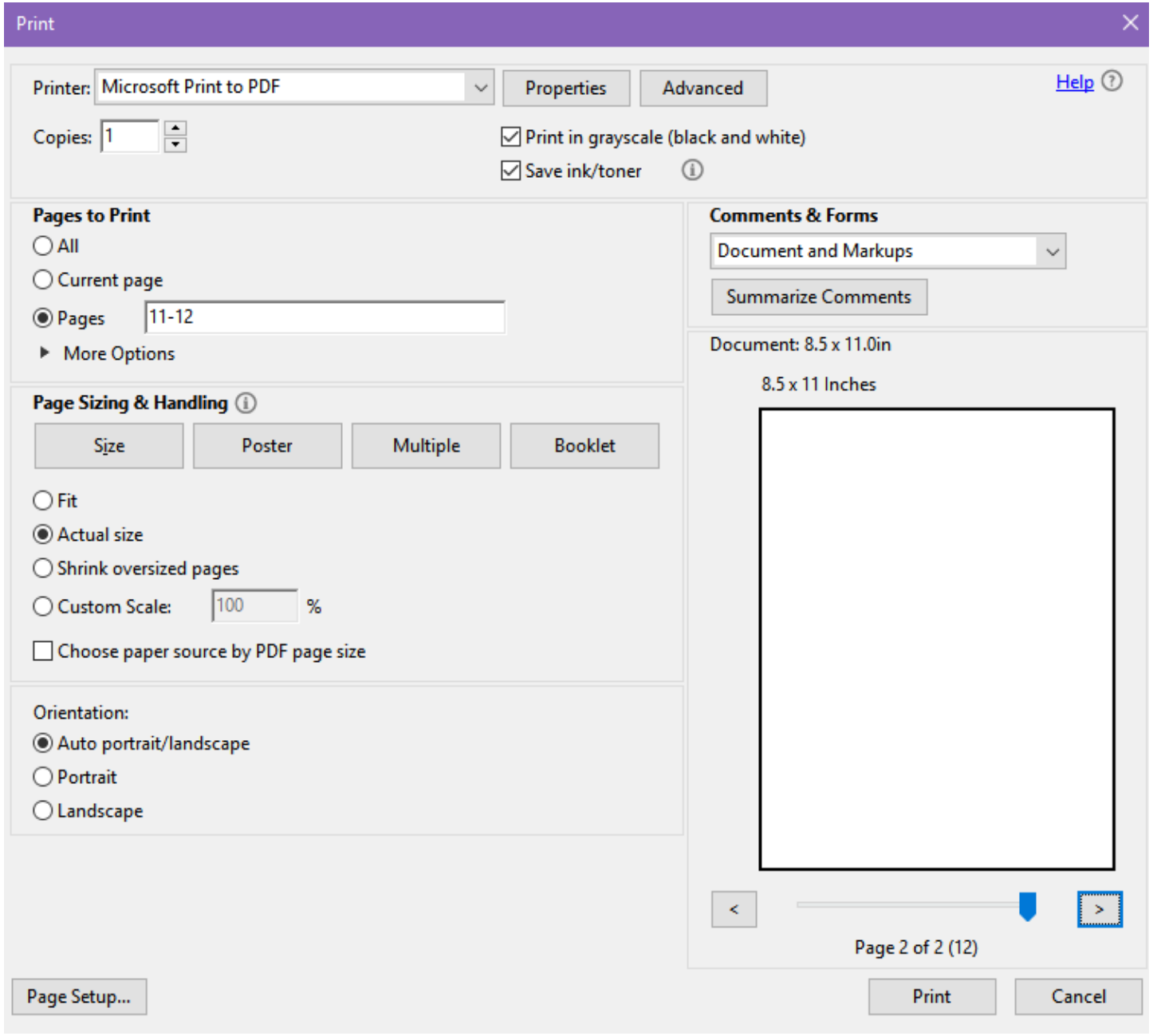
100 days of code

30-day challenges



Design for Success

- Tuck junk food out of sight
- Healthy food in front
- Fruit on the counter



Interaction Design

Progressive Disclosure

- Reduce Decision Fatigue
- More Efficient
- Less Errors

Smart Defaults

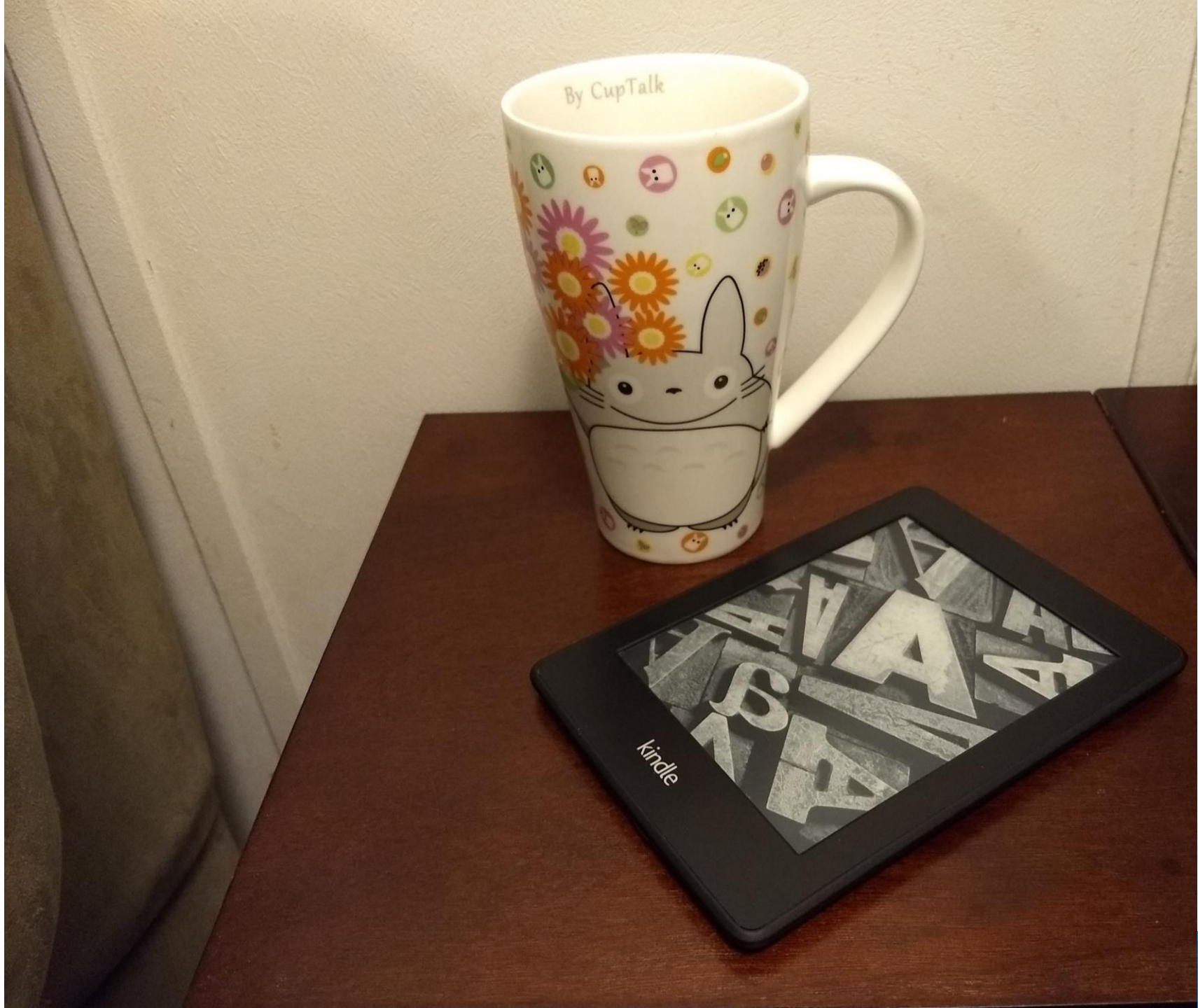
Adobe Print Dialog

Interaction Design

Call To Action

Design for Success

- Smart Default
- Call to Action
  - Visible Reminder

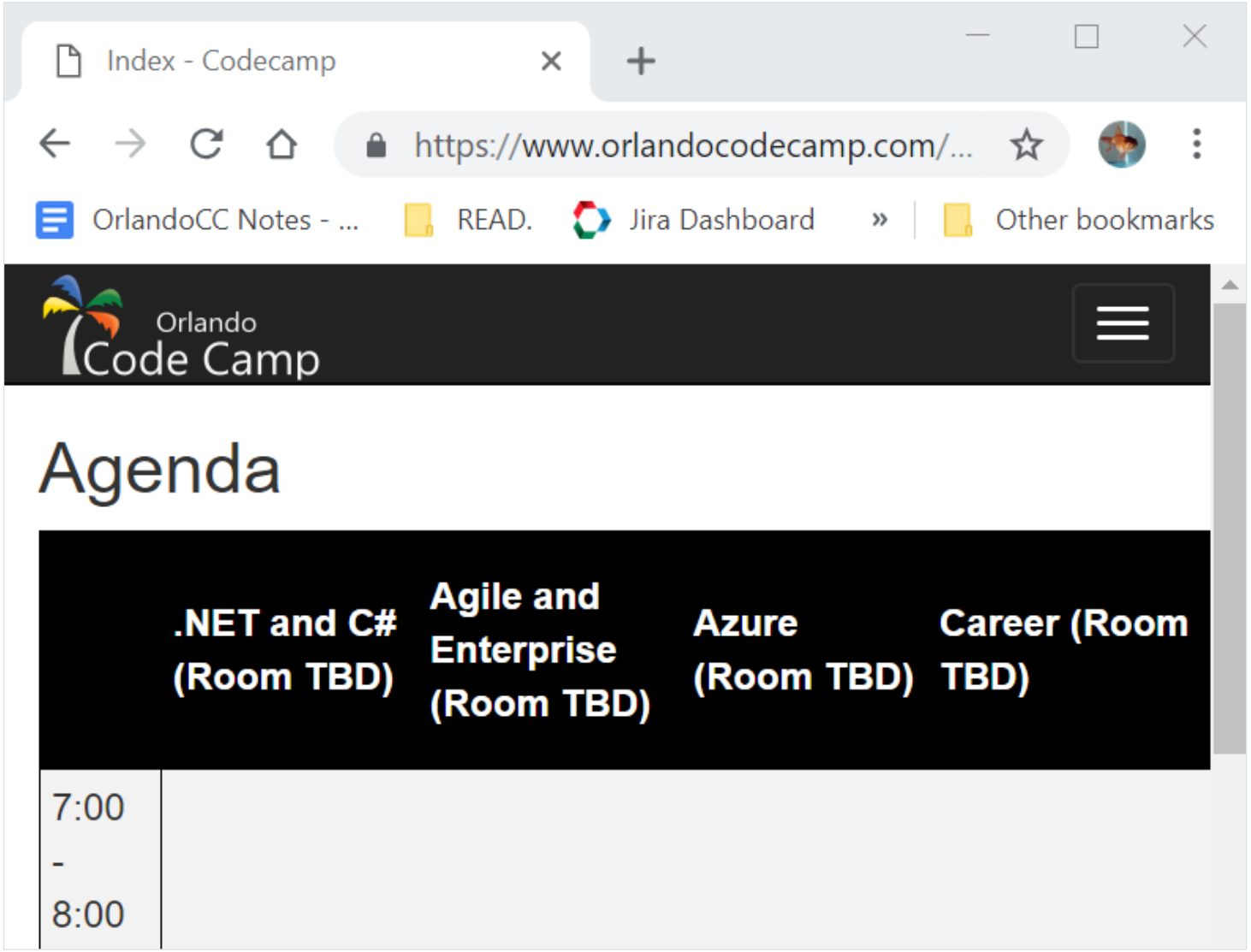


Design for Success

- Environmental Nudges
- Make the Right Thing Easy
- Hide Undesirable Options
- Reduce Activation Energy

Activation Energy

PHOTO BY LANCE GRANDAHL ON UNSPLASH



Design for Success

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Thank you!

Let's Chat!

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In Gainesville?

BarCampGNV April 6
GainesvilleBarCamp.com

WATT : We Advance Tech Together