

Title Page

Do you have big, exciting goals that you desire to accomplish? If so you are in the right place. The software development community has found a methodology that works wonders to meet the needs of their customer to produce high quality software fast and efficiently. Why not use this methodology and apply it to your goals?

Why not use a system that is made to adapt when the world creates obstacles? A system that is made to be flexible. That system is called Agile Software Development. It doesn't have to only be used to build software. You can utilize it to accomplish everything you've ever always wanted to and more.

I work for a software development company building web applications. The second I started there I was blown away by the flexibility and adaptability the development team employed as changes and obstacles arose.

I thought, you know this type amazing system doesn't have to be only for software engineers, qa analysts, and project managers. This system could be used help me accomplish the goals I think and dream about all the time.

I break down each simple and beautiful part of the Agile Goal Development Process in the next few pages then all you need to do is follow the steps and you'll see results fast! No time to waste, let's get started.

What Is Agile? How Does It Work? How Agile Will Help You Crush Your Goals?

I'm going to start by giving you a short definition of agile software development:

"In software application development, agile software development is a methodology for the creative process that anticipates the need for flexibility and applies a level of pragmatism into the delivery of the finished product. Agile software development focuses on keeping code simple, testing often, and delivering functional bits of the application as soon as they're ready. The goal of agile software development is to build upon small client-approved parts as the project progresses, as opposed to delivering one large application at the end of the project."

Source: (<http://searchsoftwarequality.techtarget.com/definition/agile-software-development>). If that definition doesn't make sense, type "Agile Software Development" in Google. This is not something I made up. It's the new standard for software companies like Google, Microsoft, or Apple.

To say it in other words. Keep the concepts simple, test often, and deliver function bits of the application as soon as they are ready. While that sounds like common sense, it didn't used to be. Agile Software Development gives the team a chance to plan, build a small part of the application, and show it off. If the client doesn't like what is delivered at the end of a few weeks, then only a small chunk of effort is wasted and the team re-adjusted their plan and gets back to work. Using multiple iterations or repetitions, small pieces are put together rather quickly to form huge complex, elegant computer programs. This is how you will accomplish massive, life changing goals!!!!

How This Relates To Your Goals

Agile Goal Development does the same thing, but instead of delivering great software, it delivers life changing goals. There is no fluff or razzmatazz, every goal is broken down to small digestible pieces. Then each small piece is accomplished resulting in completion of goals

Here are the principles to accomplishing any goal with Agile Goal Development:

1. Break each goal down to blocks that can be measured. These blocks are called stories
2. Make a list of the stories and put them in order of most important or critical. This is our backlog.
3. Starting in order of most important to least, pick a few stories to commit to accomplish in a short period of time, either 1 or 2 weeks. (I recommend one). This is called a sprint.
4. Take the stories you've selected for your sprint and break them down to small reasonable, accomplishable steps. These are your tasks.
5. Order the tasks from most important to least. Now you have the order of your work for the week. This is called sprint planning
6. Select a day, generally Monday, and begin your sprint. During this spring you will only work on the tasks you selected. Don't worry about new tasks unless they are urgent.

During the sprint, you only need to focus on accomplishing these tasks. That's why a one week sprint works so well. When you are trying to accomplish a goal, life can throw lots of obstacles in your way. Being able to adjust every week makes you immune to challenges.

7. Spend a few minutes reviewing the tasks you've accomplished that day, what you are going to work on next, and what you are going to do tomorrow. Make sure you're working on what is most important and now wasting time or effort. This is called a scrum.
8. At the end of your sprint, take some time to reflect on what you've done this sprint. What was good, what was bad, and what could be improved for next time. What did you overestimated, what did you underestimated during the sprint. The is called a sprint retrospective.
9. Repeat the process starting at step 3 week after week will produce amazing results.

Short, Frequent Planning Sessions Lead To Flexibility

Taking the time to reflect and plan gives you the chance to redirect your course if your first plan isn't going good, or you find a new or better way to accomplish your goal.

Maybe you find out after two sprints of work that you want to modify your goal. You can, that's what agile does so well. With each sprint, you change as you need to complete your overall good.

In addition, since you see results each week the process becomes fun and rewarding.

That's the overview of agile. You can always look more up online. Now let's get into the details of how to make this work for you!

Setting Goals That Matter To You

This is foundation of Agile Goal Development. Setting the goals that you want to accomplish. I don't do motivation. If you want motivational speeches, go look on YouTube. I say, set goals that motivate you!

Companies are motivated to not give up on the software they are working on. If halfway through the process of creating software, the software company got tired and decided it would be more fun to create another piece of software, this company wouldn't be in business long.

The idea of a software company giving up and moving onto another piece of software seems silly, this happens all the time when people try to accomplish goals. A person sets a goal, starts to work on it, life gets in the way, and the person gives up on the goal. Have you done this?

Therefore, the first section is about setting amazing goals that motivate you.

What Are Your Goals?

When building software there is always an end goal in mind. It wouldn't make sense for a company to just start making software and see what happens. The same applies to you. It's time to select some high quality goal.

We are talking about YOUR GOALS. Not your parents goals or your friends goals. Your goals.

What do you want in life? I mean the stuff you really want. Not what people say you should do. I'm talking about the types of things that get you pumped. The stuff that you can talk to like minded people about for hours.

It's amazing how when people want something, they find a way. They stay up at night, they take time off work, or even skip out on friends, to do whatever it is that they want.

Have you ever stayed out late on night that you were supposed to work, because it was fun? Most people will answer yes. I know that I have, When you want stuff, you generally will do whatever it takes to make it happen.

Those are the types of goals that we want to dedicate our precious time towards accomplishing. Focus on those types of goals. It maybe hard to think of these goals. We spend years getting broken by work and society to have lame goals. The kind of goals that we're "supposed to do." Keep the bushes trimmed or volunteer for the PTA.

Start thinking...make a list throughout the day or when you have sometime alone time to think. Let the ideas come to you. Don't rush the process. You'll know when you think of a real goal. You'll feel a rush of determination and motivation to accomplish it.

Hangout with a close friends or family members. Talk about what you want in life. It might take a little bit of work to get it out of your brain, but it's worth the effort.

If you aren't have luck coming up with powerful goals, another method may prove helpful. Think about things that make you really upset, your goal might be the opposite of that. Perhaps you hate work, well then maybe your goal should be to do something else for living. Use your desire to change something as a catalyst for change. I

Boring and Motivationless Goals

Unless, you really desire to accomplish a goal, don't bother! If you're not motivated you'll find every excuse possible not to follow through. You can always think of a better goal, don't waste time and money to focus on a shitty goal.

Here is an example of how I found motivation to accomplish a goal that was more work than I planned. A few months ago, a buddy and I tried an eating challenge at a local burger place. I thought it would be fun to win, but I wasn't that into it. To me it was fun, but I wasn't that motivated to eat a massive burger.

Well, my buddy won and I didn't (although I did get close). They put his picture on the wall of the restaurant and he earned a free t-shirt. To be honest, I probably wouldn't given the challenge much thought again after my first try. However, my friend is a great motivator.

Everytime I saw him after that, he wore the shirt to rub it in my face. After a while, my motivation grew and I wanted to win. So, I stepped up to the plate again and tried the challenge a second time. This time I pushed myself to point of being very uncomfortable. The best part was that I beat the challenge too. Now, I have a shirt, and my picture is on the wall at the restaurant.

For anyone that is curious about The Barnyard Challenge, here is the menu link of the restaurant (<http://www.hfcrave.com/menu.html>).

While most people would find this example to be silly, me included, the point is when I wanted something really bad, I pushed myself much further than I normally would. In addition to my motivation, I also had an person acting as a coach. That was a massive help and difference between success and failure! [Learn about working with a Agile Goal Manager.](#)

To sum up, if you want something bad enough external motivation isn't required.

Here are examples of goals that get people excited. You don't have to make any of these your goals, rather use to help you get the goal setting juices flowing.

- Go sky diving
- Go on a dream vacation
- Make yourself so awesome to date that members of the opposite sex call you
- Get your life in order
- Make more money
- Join a group or organization you're passionate about
- Make music or write a book
- Create a great life to shove it in someone else's face who said you would never amount to anything.

This is your chance to do whatever you want, embrace it!

Two Types of Goals

When using Agile Goal Development there are two types of goals, ongoing goals and one time goals.

Ongoing goals: These are goals that you're going to be working on consistently for the rest of your life

Examples of ongoing goals:

- Health
- Building relationships
- Money/Career
- Giving to the world
- Education
- Mastering any skill

Even those these goals are ongoing they still be broken down to smaller goals.

Here is an example of an ongoing goal broken down to a smaller manageable goal: lose weight and be healthy. However, while the ongoing goal is to lose weight and get in shape. The first measureable goal would be something like, lose 10% of your body weight in 6 months.

One time goals: These are goals that only need to accomplished once.

Example of one time goals:

- Moving to a new city
- Having a baby
- Getting married
- Sky dive
- Redo your kitchen
- Buy a car
- Buy a house
- Go on a dream vacation
- Run a marathon

You might say that all the above items can be done multiple times and that is correct. However, each time you repeat a goal, you create a new one time goal. Have baby = one time goal. Have second baby = one time goal

As you think about goals, record them into a master list of goals. It really doesn't matter if all your goals are ongoing or one time, what matters is they are goals that you want to accomplish.

What To Do With Your List of Goals

Once you have a list of goals, put them in order from goals you want to accomplish most to least. After you put your list in order, this may take a while if you have a many goals to accomplish. Select a few goals from the top of your list to start working on. How many you ask?

That's a tough question. Ideally in perfect world, you would have one goal that meant the world to you and everything else is meaningless. Then you would only work on that one goal and achieve world class success.

However, for 99% of the people the real world, that's not realistic. You have many important factors in your life like work, family, health, passions, friends and hobbies. It will be hard to pick only a few, I say no more than 5. Once you get more than 5, it becomes hard to create enough time in your day to stay focused all the goals.

If you're still unsure and can't make up your mind, pick the top 4 to work on.

The goals you've selected to accomplish are now your projects to complete. Each goal must have a DOD(definition of done, even ongoing goals). There can multiple definitions of done for a single goal.

In fact, I say be incredibly specific when creating the DOD's for you goals. Here is an example of ongoing goal: Keep house clean. The smaller more management goal should have multiple definitions of done. Example, within the next 12 weeks have my house picked up each day, organize the basement, donate all clothes that I don't wear to Goodwill, and put together a system to keep it clean each in under an hour.

Here is another example of multiple DOD's. Lose 10% of body weight, improve on doctor's physical assessment, and run a 10k.

You Need To Be Able To Control The DOD's

You may work hard, but if the definition of done is something you can't control, then you may never accomplish the goal.

Example Career Progression:

Bad Goal: get promotion. You can't control when or if you are going to get a promotion.

Good Goal: learn specific set of skills, become an active networker, and complete X number of projects in the next year. You can control these factors and getting a promotion will be a great side effect of this.

Why You Must Accomplish This Goal

Finally, you must write one paragraph explaining why you must accomplish this goal and how much better your life will be. If you're not a good writer, at least write one sentence. If you can't write a compelling sentence that gets you excited, consider tweaking or changing the goal.

Example for weight loss:

- I want to lose weight so I can play with my kids
- To look good to get revenge on an ex
- So I can feel good in my work clothes and comfortable in my own skin.

Whatever reason gets you excited. The reason that you want to accomplish the goal doesn't have to be virtuous. Michael Jordan played angry, use whatever angle you need.

Up to this point we've covered mostly high level concepts and overall goal setting. Now we are going to start breaking the goals down small pieces and getting things done.

Nuts and Bolts of Agile Goal Development

With any project there are three considerations. Scope, Time, and Cost. In case, you want to know more about the Project Management Triangle, https://en.wikipedia.org/wiki/Project_management_triangle. They have a neat Euler diagram.

Let's start with scope. Scope is what you will accomplish. Without defining the scope of your goal, you won't have a crystal clear vision of what you're working towards.

Be very specific and define exactly what will count as the goal being done. This is your chance to have fun. Do this for each goal.

Now you need to define a length of time that you will accomplish the goal in. As I said before, be aggressive, but don't be ridiculous. If you follow the agile methodology, odds are you'll get this goal done faster than you planned. Unfortunately, only I can create a timeline. Without talking to you and understanding the challenges you face each day, I can't give you a timeline.

If you have over 5 goals, some of your goals may have very long time lines. If one of your goals is to write a book and another is to get excel at work.. Both are fantastic goals, but both also take up a lot of time and resources. You can work to accomplish both, but the timeline for one will be much longer.

Good example of timeline: I will lose 25 pounds in 3 months. Very aggressive but doable

Bad example of timeline: I will lose 25 pounds in 1 month. People have done it, but it will set you up for failure.

Note: This whole process is created for you to do by yourself for FREE, but this part seems to be [more effective if you work with me as your Agile Goal Manager](#). It helps to have someone else with distance that can see the goal objectively help you make good estimates.

Lastly, cost. How much will it cost you to accomplish your goal. Take some time before you do any work to estimate the cost of your goal. You'd hate to start working towards a goal only to

discover a huge cost that could derail your efforts. Also, this may help you avoid unnecessary costs, by planning ahead. Under Budget and ahead of schedule is a good mantra.

Step-by-Step To Accomplishing Your Goal

One of the core principles of Agile Goal Development is breaking bigger goals down to small manageable goals. It doesn't stop there, now we are going to break the manageable goal into smaller units of work called stories.

Take each goal and break it down to smaller chunks. Think of everything that you could do to give yourself the highest chance of success. Disclaimer! You don't have to do all stuff you think of. This is just a story building exercise. Most likely there will be a few that you will decide are nice, but will cost more effort than help.

Here is an example of a one time goal: You have no marathon experience and want to run a marathon in 6 months.

A marathon is 26.2 miles. Therefore, you'll have to train running long distance. So, you'll need a training plan that will prepare to run 26.2 miles.

Story: Find a training plan.

Story: Follow training plan. This will be broken down further later.

You're also going to have to get the right gear and tools: What equipment will you need.

Story: figure out the tools you'll need. Tools may include, running shoes, running clothes, camel pack, supplements, vitamins, and so on.

Story: get the tools.

People tend to accomplish goals if there are part of a group people that are also trying to accomplish the same goal.

Story: find and join a local running club.

Maybe you like to be coached.

Story: find a running coach or personal trainer to give you guidance.

You're gonna need a solid diet to fuel your training.

Story: find a diet work for you goal

Story: follow the diet

This will continue until you can't think of any more stories. The tenth story you come up with may be the one that cuts the time it takes to accomplish your goal in half.

Filling The Backlog

All the stories you came up with, big or small, put them in a list. I suggest a spreadsheet. At the end of this PDF are some example screenshots.

For type A people this next concept might be hard to fathom. It's okay if a story goes in the backlog and never gets done. Each software development project I've been part of has oodles of tasks, stories, and enhancement in the backlog that will never get touched. I'm sure Microsoft has a massive backlog of items for Microsoft Word that would be awesome to have but for whatever reason were never worked on.

Here's why it's so important that everything goes into the backlog, if it never goes in the backlog, there is a zero percent chance it will get done. Part of Agile is being flexible. You may put something in the backlog and think it's silly, but after 6 sprints realize that story is exactly what you need to accomplish your goal. Boom, it's already there waiting to be accomplished.

Lastly, put the stories in order of either most important to least or in order of stories that must be done before others can even be started. That sounds complicated, but it's not. Let's go back to the goal of running a marathon and organize the stories we created before.

This is the order we created them in:

1. Story: Find a training plan.
2. Story: Follow training plan. This will be broken down further later(if you want to get detailed this would be an epic, but let's not overcomplicate this)
3. Story: figure out the tools you'll need. Tools may include, running shoes, running clothes, camel pack, supplements, vitamins, and so on.
4. Story: get the tools.
5. Story: find and join a local running club.
6. Story: find a running coach or personal trainer to give you guidance.
7. Story: find a diet work for you goal
8. Story: follow the diet

Here's how to organize the list based on stories that must be done before another can be accomplished.

1. Story: Find a training plan. You must have a training plan to get your milage up to 26.2, so this is first.
2. Story: get the tools. You don't need to get all the bells and whistles, but a few core tools like running shoes and basic exercise clothes will be mandatory
3. Story: Follow training plan. Like I said before, this will be broken down to weekly tasks. You must start running. You can accomplish other tasks while working on this. However, you can't start working on this until you have a training plan, story one.
4. Story: find a diet work for you goal. At this point, the ball in rolling, you have began the training and now you can find a diet that will help you.
5. Story: find a running coach or personal trainer to give you guidance. This is your first marathon and are intimidated at the idea of joining a run club, but still want guidance. This is a great time to find a coach or personal trainer. Here's where the flexibility of agile will come in handy. Once you start working with a coach, he or she might change your training plan and suggest a diet to start. That's not a problem, since you already started, you can make modification and continue training.
6. Story: Start following diet.

This keep going on until you complete the goal. Each sprint getting better and better until you crush your first marathon.

Sprint Planning

Those two words bring up all sorts of images in the software development world, some good and some not so good. For you, they should mean it's time to get one week closer to your ultimate goal.

To refresh your mind, a sprint is a small period of time, 1 to 4 weeks that a specific amount of work is committed to accomplishing.

At the beginning of each sprint (I'm going to assume that you follow my advice and all your sprints are one week long) you need to select a couple stories to work on. In the software world, a development team selects a few stories for the sprint, they commit to completing within the sprint. That means just enough work to keep busy and produce a deliverable product. What happens if too much work is committed to and doesn't finish? Then the incomplete work gets carried over to the next sprint. It's generally frowned on to carry stories to the next sprint.

That's the software world, but in Agile Goal Development we are going to approach the concept of carrying stories over to the next sprint a little more loosely. While it's a bad habit to get into to, you are busy, you are one person, and you are working on multiple goals at once. So, I expect that you'll carry stories over to the next sprint every now and then.

The key to sprint planning is breaking the stories down to small easy to describe tasks. A task is a simple measurable goal that should take no more than a couple hours to accomplish. I'd prefer each task be less than an hour. If tasks are too big, it becomes overwhelming and tends to cause procrastination. Keep each task simple and short. It's easier to climb a 100 story building if there are 1000 small stairs rather than 100 big stairs. You're climbing the same height, but each step is easier and smaller.

So, pick a few stories to focus on for the sprint you're planning. This is a fundamental component of Agile Development. During this sprint, you'll only be focusing on these stories and tasks. No other stories.

Since this is the real world, you're most likely going to have a few small tasks that need to be added to each sprint, like get new brakes for the car or parent teacher conferences that have absolutely nothing to do with your goal, but have to be done. That's fine. Your life is going to get out of whack pretty fast if you forego car maintenance and parent responsibilities to accomplish only your goals. When planning a sprint add these unrelated tasks into the big list of tasks you commit to do during the sprint.

No matter if the task is part of your stories or a random task to accomplish during the week, shoot for each task being less than an hour. If you are in doubt, break it down further.

Here is a simple example: Clean out garage.

While that sounds simple, it's rather vague and can be broken down so much further

Task: Remove any items that aren't used from the garage.

Task: Clean oil stain off floor.

Task: Remove spiderwebs

Task: Sweep floor

Task: Organize shelves (this could be broken down further if you have multiple shelves)

So on..

Do this for each story you want to work on this week. **You'll come with a large list of simple, doable tasks.**

Just like stories, put this list in order of either most important to least or tasks that must be accomplished first then dependent tasks to follow:

Example: When cleaning out your garage, remove oil spill would go before sweep floor. You wouldn't want to waste time sweeping the floor, if you are going to make a mess pulling up the oil spill and then need to sweep again.

It's time to pick a date and begin working on your list of tasks.. In the software world, each company uses Agile Software development and sprint planning slightly differently. So companies plan the week before a sprint, while others plan the day before the start of sprint.

For Agile Goal Development, I suggest planning your sprint with 48 hours of when you start the sprint. Even better is the night before the start of the sprint, but your schedule might now allow for that.

Start Your Sprint

Of the most critical concepts of Agile Software Development is at the end of a sprint having a deliverable product to show clients. This provides quick feedback to the development and allows for flexibility to client changes to the project.

In Agile Goal Development, unless your goal is to build a computer or web application you won't have a piece of computer software to demo. I do however, expect at the end of your sprint you have something to show off or tell someone about. Let's look back at both examples so far.

At the end of the sprint where you committed to cleaning your garage, you'll have a pretty impressive deliverable, a clean garage. You could show your spouse or enjoy the fact that you can find all your stuff in the garage now.

In the marathon example, at the end of your first sprint you have a training plan marked up on your calendar with dates and distances. You also have a new pair of shoes and a couple short runs under your belt. That's a great step towards accomplishing your goal.

Time To Take Action

Commit to accomplishing the list of tasks you made for this sprint, and only those tasks for the duration of your sprint. It's that simple. That's why I like one week sprints. It's so short, there is very little time to get distracted, and if something doesn't come up that isn't urgent, you can hurl it into the next sprint.

On the first day of your sprint start working on the tasks from your list. Different people like to do this different ways. So people like to keep the whole list in order and work from top down. The drawback to this is a well made list looks daunting.

I prefer a spreadsheet for the whole sprint and make a row for each day of the week. Then put all the tasks you plan to work on that day under it. Continue this for each day that week, leaving the last couple days with few or no tasks. Be prepared for life to get in the way and to have to push tasks back a day or two. It happens, so be ready with space in your calendar.

****Need Example Image

Virtually No Downtime

Then start knocking out small tasks one at time. When the tasks is done, mark it as done in your spreadsheet and move on to the next. Another principle of Agile Goal Development, little down time between tasks. Since you did all the planning before the sprints started, all you need to do is work. Moving quickly from one important task to the next is what gets your goals accomplished fast!

When Agile Goal Management isn't used, you don't have a solid structure or todo list. When you finish a task, you waste time and effort trying to figure out what to work on next. The wasted time adds up over the course of a week. That doesn't happen here.

Instead, you begin crossing task after task off your list. What happens if you can't accomplish a task? Push it down the list and try again later. No worries!

If the shoe store isn't open to buy running shoes, don't stop working. Push that task back in the list and work on something else, then later that day revisit that task when the store is open. No time wasted.

Scrum

Another key component of Agile Software Development is each day the development team meets for 10-15 minute to evaluate the current work and talk about any problems. The meeting is generally lead by a project manager or scrum master and everyone updates the team on how their work is going. This 10-15 goes by many names in software development, Scrum, Daily Huddle, or Daily Standup to name a few, but is one of the most powerful tools to optimize results. In Agile Goal Management, I will refer to it all scrum.

Here's how scrum works and why it's so powerful. The team gets together to update other team members on a few key pieces of information.

What did you do?

What are you going to do?

Are there any impediments or obstacles preventing your work?

By answering these questions, it gives the other team members a chance to adjust their work accordingly and quickly discuss better ways of accomplishing tasks. While you won't have any other team members, it's a good practice to make a habit of a personal scrum each and every day. You are able to look at the list of tasks in your sprint and re-evaluate the order in which you are doing them. In rare events you could add tasks that you may have forget about.

Warning: do not get into the habit of adding tasks to a current sprint. This will throw of your planning and numbers at the end of a sprint. Tasks should only be added to a sprint if they are found to be critical to accomplish other tasks. If the new task is not critical, it can be done during the next sprint.

When you take the time to think and eval, not only do you have the chance to adjust your workflow, it also provides an opportunity to keep yourself accountable. If you committed to accomplishing Task A, B, and C today, and so far you've only worked on A. This small period of daily planning helps you account for the work you have left.

While it may seem trivial to practice this small period of evaluation, it's a fundamental of Agile Goal Development. Repeating this each day, greatly increases the chances of completing all the tasks in your sprint and helps you stay organized. Don't skip this.

Lastly, you don't have to record anything during a scrum if you don't want to, it's just for your personal benefit.

End Your Sprint

Each sprint and has a beginning and an end. Time to cover how to end a sprint. There are three possible outcomes at the end of sprint.

- A) You estimated the amount of tasks to time perfectly. You created 45 tasks for the week and at the end of the week you finish the 45th task. This is the goal each week, but rarely ever happens.
- B) You overestimated the amount of tasks to time. You created 45 tasks and only had time for 40. Not a big deal, you'll start the next sprint with the 5 you didn't get done. Don't worry, it's okay. Like I said before, you don't want to carry tasks or stories to the next sprint, but it happens. You'll want to keep track of times you do this so you can adjust your planning for future sprints.
- C) You underestimated the amount of tasks to time. You created 45 tasks and accomplished them all with 2 days left in the sprint. Again not a problem, you can pull stories from the next sprint. That means stories you are going to work on next sprint can be started now. While this would seem like a bonus it isn't. Now, you have to spent time breaking down a story to tasks during a sprint. Make note of this so you can adjust your sprint planning in the future.

Note: In the previous example, I said 45 tasks. Don't get hung up on the number 45. That is a made up number used of the example. Each sprint will have a different number of tasks.

Whichever outcome happens at the end of your sprint, that's fine. Each sprint is about reviewing what happened in the sprint before and adjusting going forward.

Sprint Review and Retrospective

The sprint is done and it's time to enjoy what you've accomplished. How pointless is it to accomplish great things if you can't enjoy it? In the software world this is called a sprint review. At this point you demo the new piece of software created during the sprint and talk about the great work you did. Savor it.

Same applies to Agile Goal Development. At the end of each sprint you get to pat yourself on the back for job well done. It doesn't have to be a big deal either. If this week you cleaned out the garage. Take a few minutes to savor that you can park your car in the garage again. Let a friend oh and all at the milage you ran during your week of marathon training. All that matters is that you let yourself feel good about what you accomplished.

Next is the sprint retrospective, which could be done before the next sprint planning. During the retrospective or “retro”, you're going to look back at the last sprint and make adjustments going forward.

Ask yourself questions like, what did I do good? What did I do bad? What could I do different going forward? What could have I done to make the sprint I just completed better? Record all of this on a word processing doc. It's great to have records to look back on and see your growth throughout the process.

Repeat For Ultimate Success

Plan, Work, Review, Retro, Plan, Work, Review, Retro, and so on for infinity. Keep completing the cycles of Agile Goal Development until your goal is accomplished. Then get a new goal and accomplish that. You'll be able to accomplish every goal you ever want to following Agile Goal Development.

More Concepts To Increase Your Chances For Success

Agile Goal Development is easy and produces amazing results. I wanted to share with you some other concepts that might hit home and help you accomplish your goals.

Journaling

Journaling and recording your roadblocks and success. While the sprint retro and review do this to some degree, daily journaling and honest self-assessment help you find your strengths and weaknesses. Plus, you'll start to see patterns how you act and work that may be helpful to know about. I really drive this point home in my book, Master The Happiness Roller Coaster. Each day, I give you examples of how to journal and why.

If you want a few tips how to journal:

- Journal each day
- Don't write too much. If you try to write pages and pages each day, it becomes a burden and you'll stop doing it.
- Write about a couple good things from the day and a couple things that upset you. If you do this over a long period of time, you'll start to see the repetition of problems.

There are infinite resources about how to properly journal on the internet. Hit up Google and see what you find.

Chaining Together Good Days

Chaining good days together. I got this gem from Jerry Seinfeld. Each day you that meet the goals you set for yourself. Record that on a calendar with symbol of your choosing. I like an X. You want to write an X on your calender day after day, chaining together good days.

Then as you look back over the calendar as see all the X's, you realize how much you've accomplished. That's how grand long term success takes place.

Work With An Agile Goal Development Manager

- Work with me! I designed this process so you can do it for FREE. However, the level of success you'll attain when you work with me as your Agile Goal Manager will be significantly higher.
 1. Add some sales copy/reasons why it would help to hire me.