START -

STOP - feeling tempted to change the SCRUM and the sprint backlog when the time is not appropriate

CONTINUE - working in google docs, discussing things, working in pairs and dividing the tasks

LAURA:

START

Taking breaks when I am stuck on a problem.

Going outside to reset my mindset when I am annoyed.

STOP

There is nothing to stop. Keep pushing

CONTINUE

Our communication was fairly smooth, we could listen to each other's ideas and make suggestions in a constructive manner.

We also had a conflict which was handled okay-ly.

STOP : trying to drift away from the rules of scrum. We should respect the sprint backlog and only do what it says.