

- 5 Hi, it's great to see you again. In this video, I will walk you through creating a product backlog and the sprint backlog for your personal transformation. If you need a refresher on what these terms mean, please revisit Scrum terminology in planning a sprint videos. Before you create a product backlog, ensure that you have an envision statement ready. It will help you determine which items belong on product backlog and why.
- 0:31 If you complete the exercises in the Agile leader workbook, you should have your envision statement developed already.
- 0:38 Here's my envision statement, become unshakable in the face of change to demonstrate authentic world class leadership by June 2022. Product Backlog for personal transformation is a list of old tasks you think will help you execute on your vision statement successfully. Product Backlog can be as simple as an Excel spreadsheet. Your Agile Leader workbook will serve as a great starting point for creating a product backlog of items for your personal transformation. From an energy or planning activities that you identified an individual's psychological resilience to builders like reflection and meditation. To activities that support your strengths, you have plenty to choose from. By now you might also have new ones to add to the list.
- 1:26 I like using sticky notes to create poster boards. These are a common tool over Scrum Master. The main benefit of a sticky note is that it can easily be moved around I turned my board a funnel and created three categories, could do, should do and must do. I sorted the items based on where I believe they belong.
- 1:48 The closer each sticky note is to the front, the higher the priority.
- 1:53 After I sorted the sticky notes I prioritize them and assign story points. To identify priority or I use my best judgment on how I think the sequence should be laid out.
- 2:04 If you need a refresher on assigning story points, please revisit the video on planning sprint.
- 2:11 Now let's review the board I have created. A few examples I included in the could do category are, read one book on dealing with high stress environments.
- 2:23 Enroll in course in public speaking, analyze my performance at work.
- 2:29 Find the Coursera course on law.
- 2:32 Listen to Agile Leadership podcast once a week.
- 2:37 A few examples I include in the should do category are fine tips for dealing with change.
- 2:44 Inventory my personal values, complete a mind map for change and go on to hikes.
- 2:53 A few examples in the must do category are, establish a regular meditation practice, get a journal. Refresh my personal story in Agilely or workbook and test two meditation apps.
- 3:09 Once identified, all the things that I thought would get me to executing on the envision statement, prioritize those items and assign story points. I then created the spring backlog board.
- 3:21 By starting with the product backlog prioritization, I was able to see and understand what items to pull into my first sprint.
- 3:29 I will move the sticky notes from the must do category on the product backlog board to the next column on the sprint backlog board.
- 3:38 As I make progress on these items, I will continue to move the sticky notes to the next column.
- 3:45 Now it's your turn to create the product and sprint backlog for your personal transformation in accordance

within envision statements you developed earlier.

3:54

Remember that you were planning your one month long sprint. You will most likely have a lot of items in your product and sprint backlog. I encourage you to be realistic, but also challenge yourself with a number of items you're planning on accomplishing when planning a sprint.

4:09

Be sure to prioritize the items and assign story points.

4:13

Once you complete these activities, you have finalized a sprint plan.