Sprintets diary

lwo	weeks of productive work
	Start date
	End date

Introduction

In this diary, it is supposed to use the approach with sprints from Agile development to your projects and personal affairs aimed at self-development.

Agree, it would be useful for you as a programmer:

√ Have a project

It can be a website, an app, or just a program on GitHub.

Potential advantages:

- · own software products can bring additional income;
- · you'll have experience in project management and marketing;
- it is an incredible opportunity to raise your skills in programming;
- occupation of the favorite soul thing and the joy of the results of your actions;
- it is possible to expand the circle of communication, primarily because of the users of the application.

Possible drawbacks:

- Your project will take the lion's share of free time before; also, you may encounter trolls.
- A mountain of extra work and depression from the fact that nothing works and the end and the edge of it is not visible.

√ Fitness

You have a sedentary job and, you know, need fitness to pop did not become square, to fit in a chair and not hurt. Training three times a week is perfect once a week is fine. In fact, any physical activity, whether swimming or cycling, is considered a workout. Quitting to use products of the alcohol and tobacco industries for figure and health would also be fine, but in this case, it's up to you.

✓ Pump a foreign language

For example, English is widely used in work and is often necessary for career growth and business trips. Yes, Yes, we all read English very well. But it is beautiful to Express thoughts without mistakes in writing or speaking, as a rule, the problems. By the way, to learn German is also very promising.

✓ Read and learn a lot.

Programmers are unique people. The peculiarity of the profession is that you need to learn continually. Learn new languages and technologies.

✓ It is also essential to talk about your work publicly.

If you work a lot and write a lot of lines of almost perfect code, but no one has heard about it directly (your boss, colleagues, and other programmers), you miss a lot of opportunities. That's significant. To advance your career, to promote your apps or websites, you need to talk or write about what you're doing actively. This point is quite essential, and, in my opinion, many programmers do not attach importance to this.

✓ And it would be proper not always to work, but to be able to relax, travel more and spend time with your family.

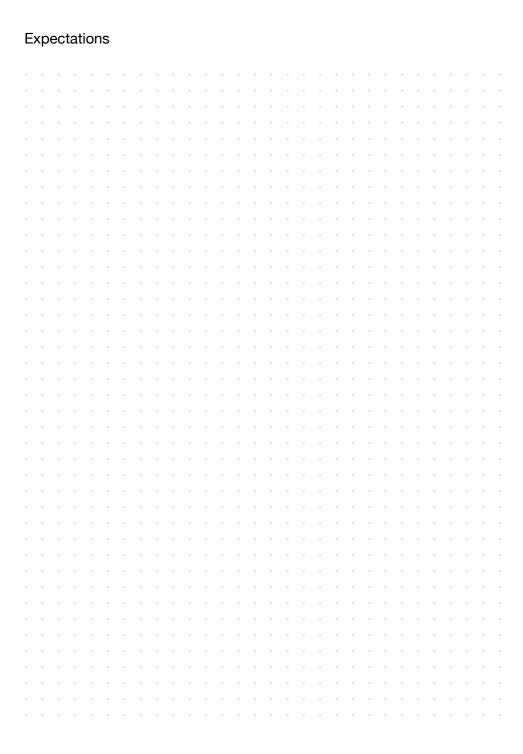
To implement the plan, you need motivation. And motivation wants results; otherwise, it disappears. So, I suggest that we approach our business as a personal project and goal planning as a short-distance sports race. The distance will be for two weeks. These two weeks are not scientifically proven and not confirmed, taken from personal experience.

This diary is not a magic pill from procrastination and maybe every person should have their diary suitable individually only to him.

Try it, maybe you finally become more productive to move towards your great goals.

Send your feedback to sprintets@handcrafted.software Thank you and good luck!

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Work tasks	

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Create a post in						
Work tasks						

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Wake-up at					
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High priority tasks					
☐ Pay attention to my project					
☐ Work out / walk					
Read pages from					
Create a post in					
Fill the skill tracker					
Work tasks					

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High priority tasks						
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Create a post in						
Work tasks						

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Wake-up at						
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High priority tasks						
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Read pages from						
Create a post in						
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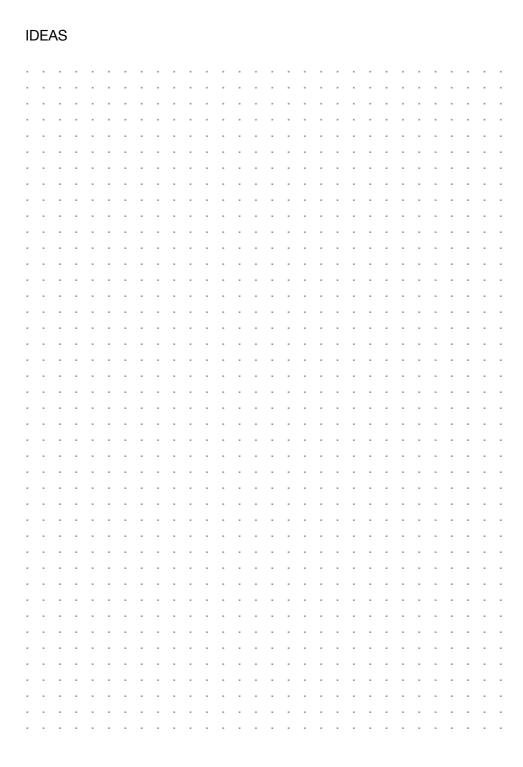
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RESULTS



SKILL TRACKER

If you managed to practice a skill in a day - great! Check the table to see your progress.

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Work on my	project					
Public activi	ty					
Work out						
Reading						
Courses						
Eoroign long						
Foreign lang	uage					
Walk						

SKILL TRACKER

BOOKS

It will be great if you write a blog post about a read book. Write down the main thoughts that have hooked you. This will help you ponder what you have read and better remember the material in the book.

Name	Author	Pages	Date	Blog

COURSES / LECTURES / CONFERENCES

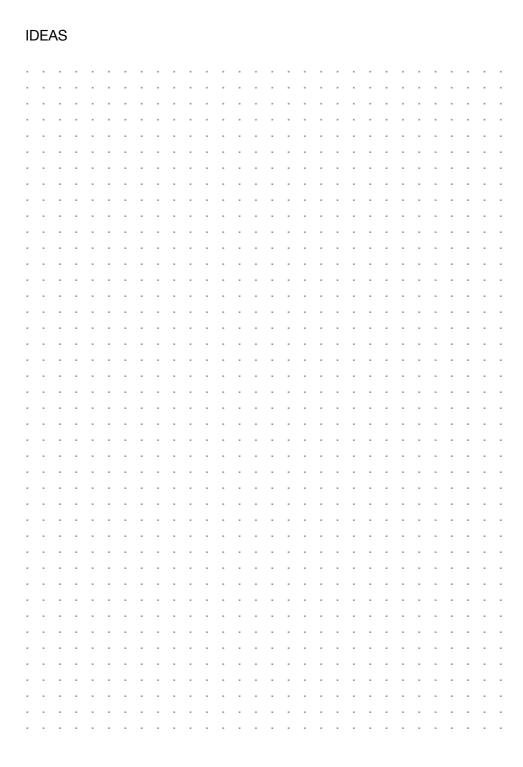
Record the courses you take (coursera, udemy, etc.) Write a review on the Internet about the course after passing it.

Name	Date	Blog

TRAVEL

Be sure to plan your trip at the end of the sprint. Travel and change of activities are useful for relief of the brain. The journey can be absolutely any: to the neighboring city or to the grandmother in the village.

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DIARY	Date
A diary is needed to put thoughts in order. In ord mind, it can be useful to write everything down coown. Diary is a retrospective of your day.	

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