

Sprintets *diary*

Two 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!

Start date: _____

Expectations

Write your expectations from sprint. How do you see the result of your actions in two weeks? If you can, state the goals you want to achieve in two weeks.

Day 1

Date _____

Wake-up at _____

Steps taken _____

High priority tasks

- ☐ Pay attention to my project
- ☐ Work out / walk
- ☐ Read _____ pages from _____

- ☐ Create a post in _____
- ☐ Fill the skill tracker
- ☐ _____
- ☐ _____
- ☐ _____

Work tasks

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

My project tasks

Personal tasks / housework tasks

Health ○○○○○

Productivity ○○○○○○

Mood ○○○○○

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RESULTS

[illegible]

IDEAS

SKILL TRACKER

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

[illegible]

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.

[illegible]

COURSES / LECTURES / CONFERENCES

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

[illegible]

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.

Where	When
With whom	
Goal	
Tickets	
Visa	
Insurance	
Hotel	

TRAVEL IMPRESSIONS

Describe the pros and cons of the trip. What could be improved?

This image shows a full page of dot grid paper. The background is white, and it is covered with a regular pattern of small, light gray dots. The dots are arranged in straight horizontal and vertical rows, creating a grid-like appearance across the entire surface. There are no margins, text, or other markings present.

IDEAS

DIARY

Date _____

A diary is needed to put thoughts in order. In order not to have too much in memory, to clear the mind, it can be useful to write everything down on paper. If something bothers you, be sure to write it down. Diary is a retrospective of your day.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DIARY

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IDEAS

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