

DON'T STOP BELIEVING:
THE **JOURNEY** *OF*
**ACTIVE SELF-
IMPROVEMENT**

Jenn Edge

Introduction

Jenn Edge

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Co-Founder

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My Accomplishments

Professional

Technical Knowledge
AWS Certification
Communication
Leadership
Management

Personal

Public Speaking
Weight Loss
Raising a Family
Decluttering House

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Overview

Background

Self-Improvement MVPs, Feedback

Automate: Habits and Environmental
Design

Agile?

Scrum

XP

Lean

Kanban

LeSS

SAFe

Adaptive
software
development

Agile unified
process

Disciplined agile
delivery

Dynamic
systems
development
method

Feature-driven
development

Rapid
application
development

Agile?



Scrum

Empiricism

- Inspect and Adapt

Backlog

Sprints

Daily Stand-up

Agile?



XP

YAGNI

- (You Aren't Going to Need It)

Frequent Releases

Sustainable Pace

Pairing

Agile?

Lean

Eliminate Waste
Iterate

Agile Manifesto

We are **uncovering better ways** of developing software by doing it and helping others do it. Through this work we have come to value:

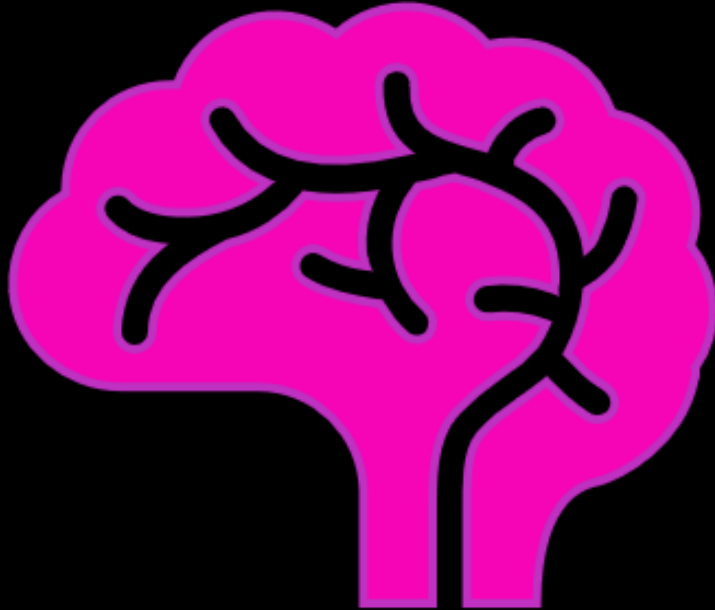
 **Individuals and Interactions** over processes and tools

 **Working Software** over comprehensive documentation

 **Customer Collaboration** over contract negotiation

 **Responding to Change** over following a plan

That is, while there is value in the items on the right, we value the items on the left more.



Growth Mindset

Brain grows new pathways

Carol Dweck

- Stanford Professor
- Researcher
- Mindset: The New Psychology of Success

Fixed Mindset and Growth Mindset



Fixed



Growth

Growth Mindset

- Put in effort
- Seek challenges
- Learn from feedback
- Don't just prove, **Improve**





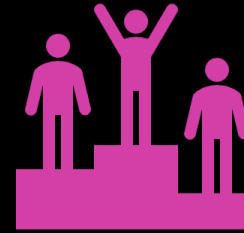
Failures are
Learning
Opportunities



Yesterday is
done



What Matters
Most



Make a Better
Decision
Tomorrow

Learn from Failure

Power of Yet



Failure Does
Not Define
You



Anticipates
Future
Success

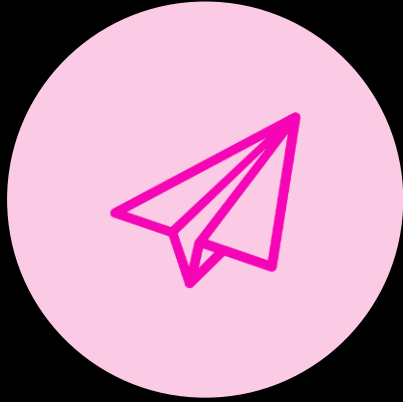
Main Objective

Big Picture

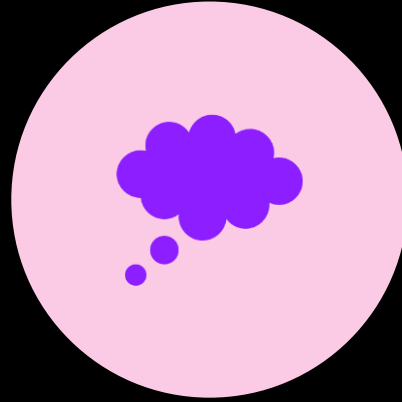
- Where are you scoring *Not Yet?*
- What do you want to gain from your life experiences?
- Why is this important to you?

Types of Objectives

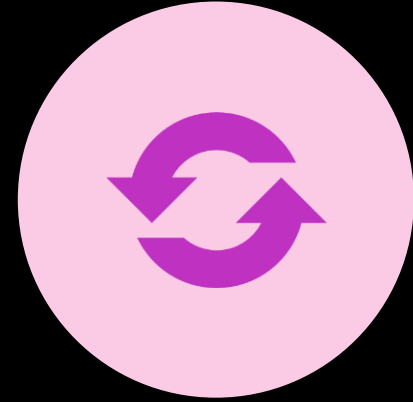
- Technical Skills
- Interpersonal Skills
- Career Paths and Preferences
- Connections



Prototypes



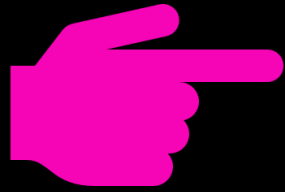
Enhancement
Requests



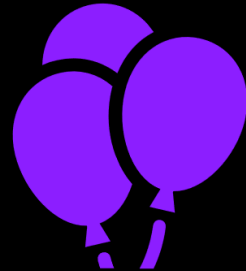
Continuous
Improvement

Software Is Built On Yet

Minimum Viable Product



Smallest Useful
Piece



Release Early and
Often



Frequent
Feedback

Product Backlog: New Social Network

Profiles

- Create Profile
- Search Profiles

Login

- Create New User
- Google Login

Post Messages

Profile Privacy

Message Privacy

Personal Backlog



School Errands

Paperwork

Get Supplies



AWS Certification

Whitepapers

Tutorials



Organize House



Renovate Bathroom



Learn to Play Guitar

Backlog: Graduating

College Requirements

- Calculus 1-2

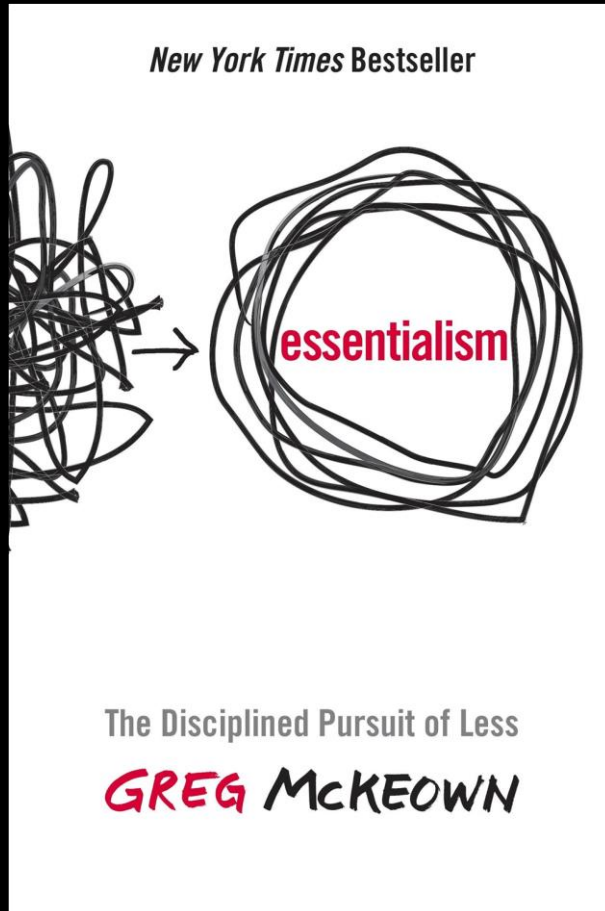
Major Requirements

- Intro to CS
- Compilers

Electives

- Linguistics

Minimum Viable Progress



Tweet
About
Subject



Blog Post

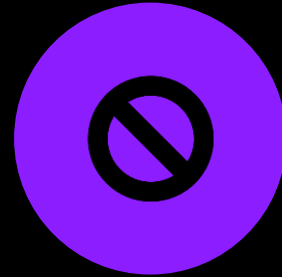


Chapters
of the
Book

Sustainable Pace



Smaller Effort
Over Time



Avoid Burnout

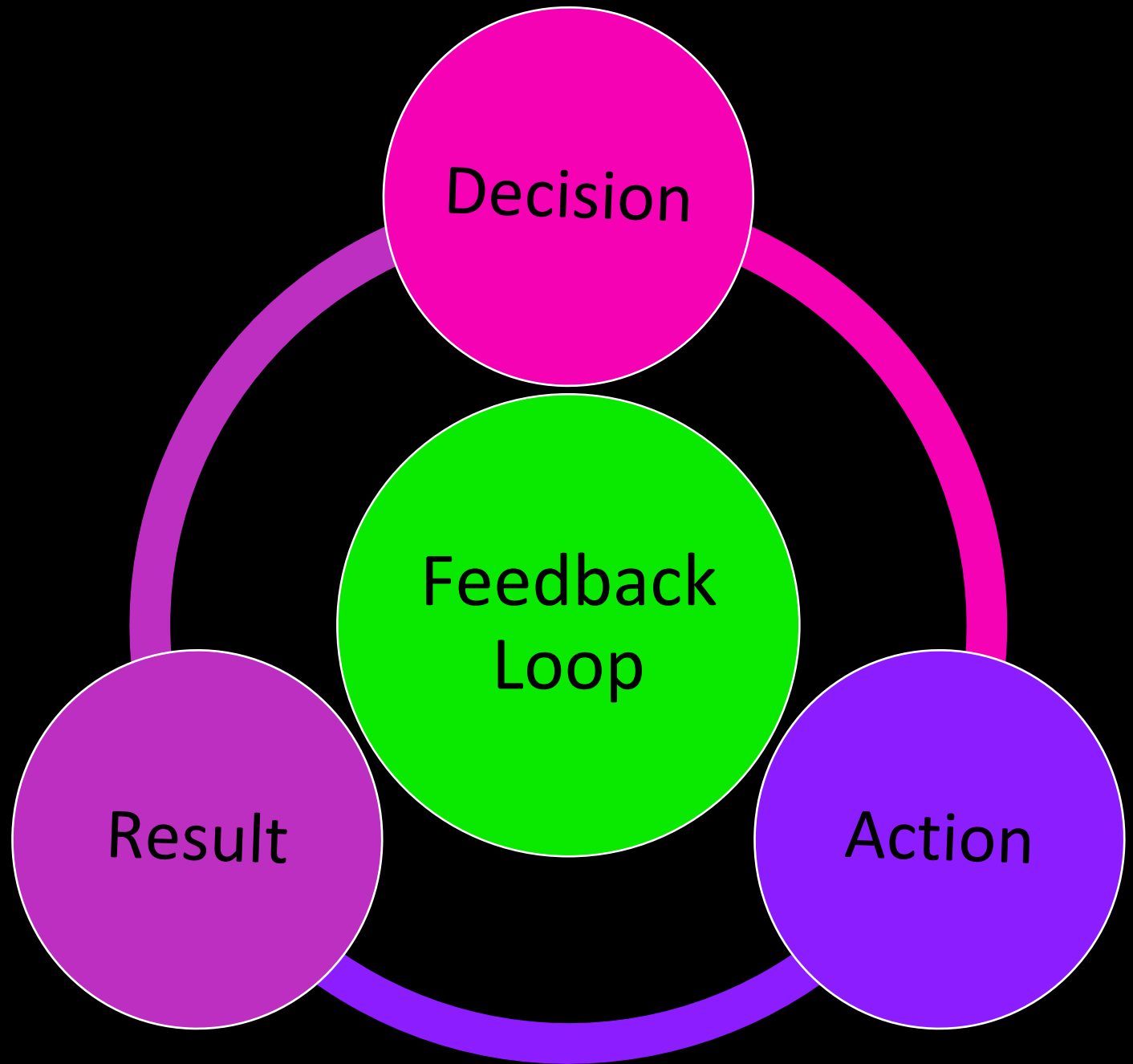


Subconscious
Inspiration

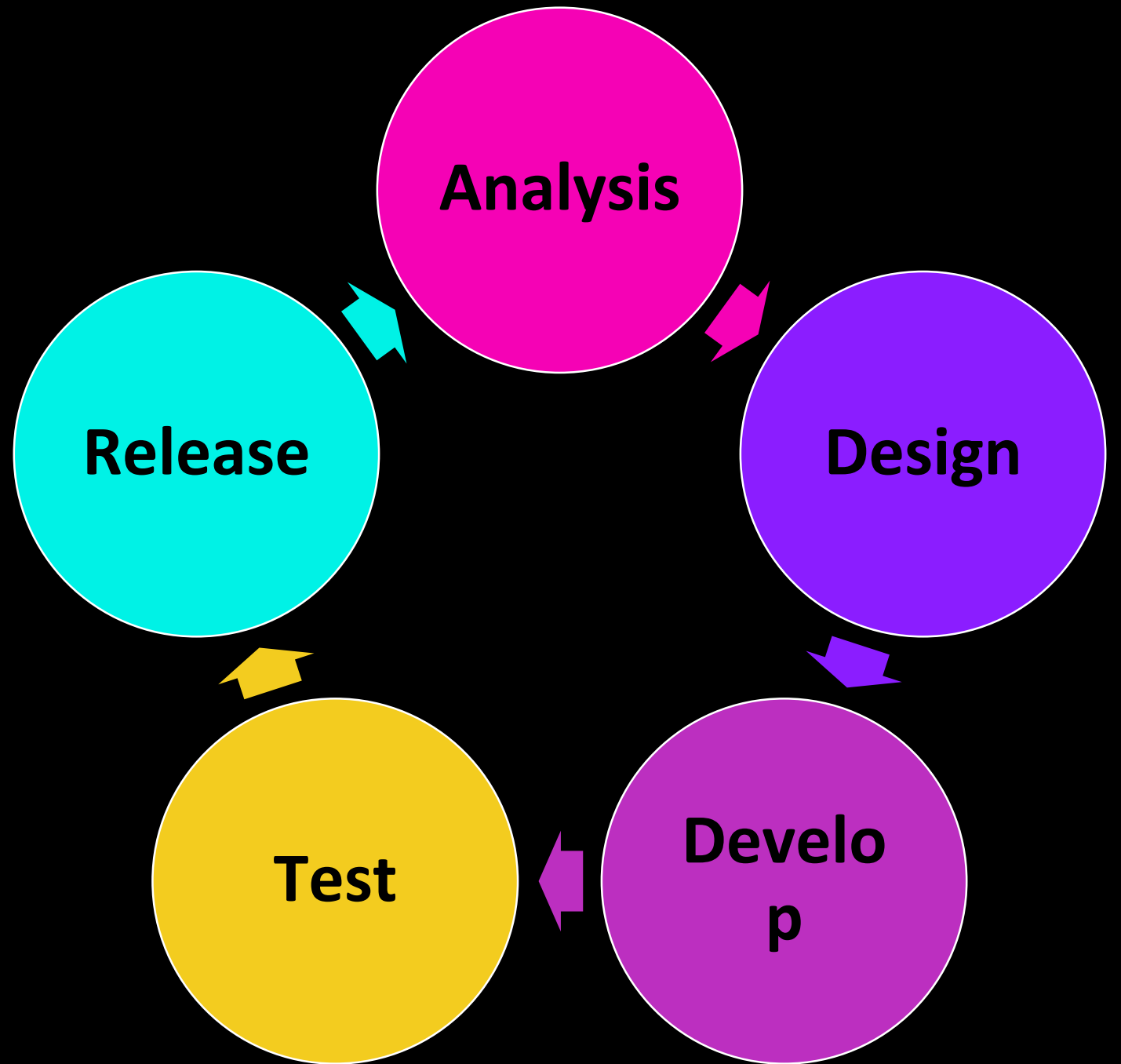


Handle
Unexpected
Roadblocks

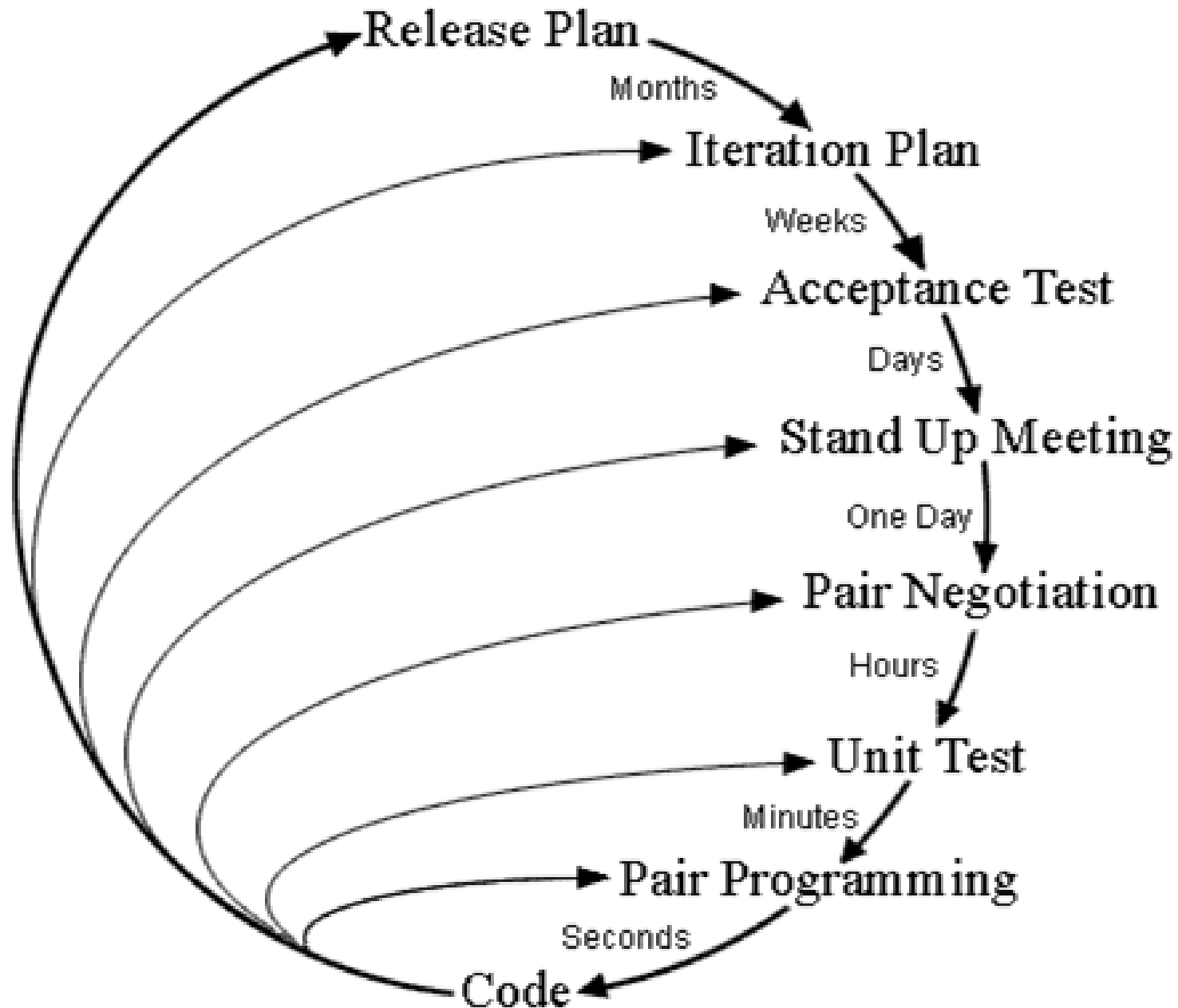
Feedback



Software Development Life Cycle



Planning/Feedback Loops



eXtreme Programming

Image by Don Wells:

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<https://en.Wikipedia.Org/wiki/file:xp-feedback.Gif>

SMART Goals

Specific - Exactly what do you want to achieve?

Measurable - How do I know it has been accomplished?

Achievable or Attainable - Is it a realistic goal?

Relevant - Does it hold meaning to you and feel worthwhile?

Timely - When is it due?

Measurements



Daily
Review



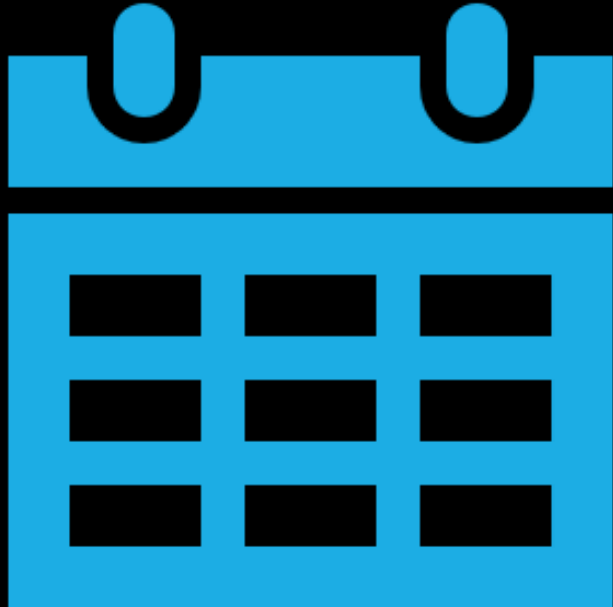
Task List



Test
Scores



Food
Journaling



Daily goals

- 100 days of code
- 30-day challenges

Retrospectives

What went
Right?

What can be
Improved?

What's
next?

Accomplishment Log

- Journal
- Update Resume



What does Success look like?

How can you prototype your success?

What smaller steps can you take?

How will you measure progress?

Break Down Goals



Automation

- Scripts
- Continuous Integration
- Continuous Deployment

Automation: Habits



Mindless Eating



Brian Wansink, Ph.D.

Design for Success



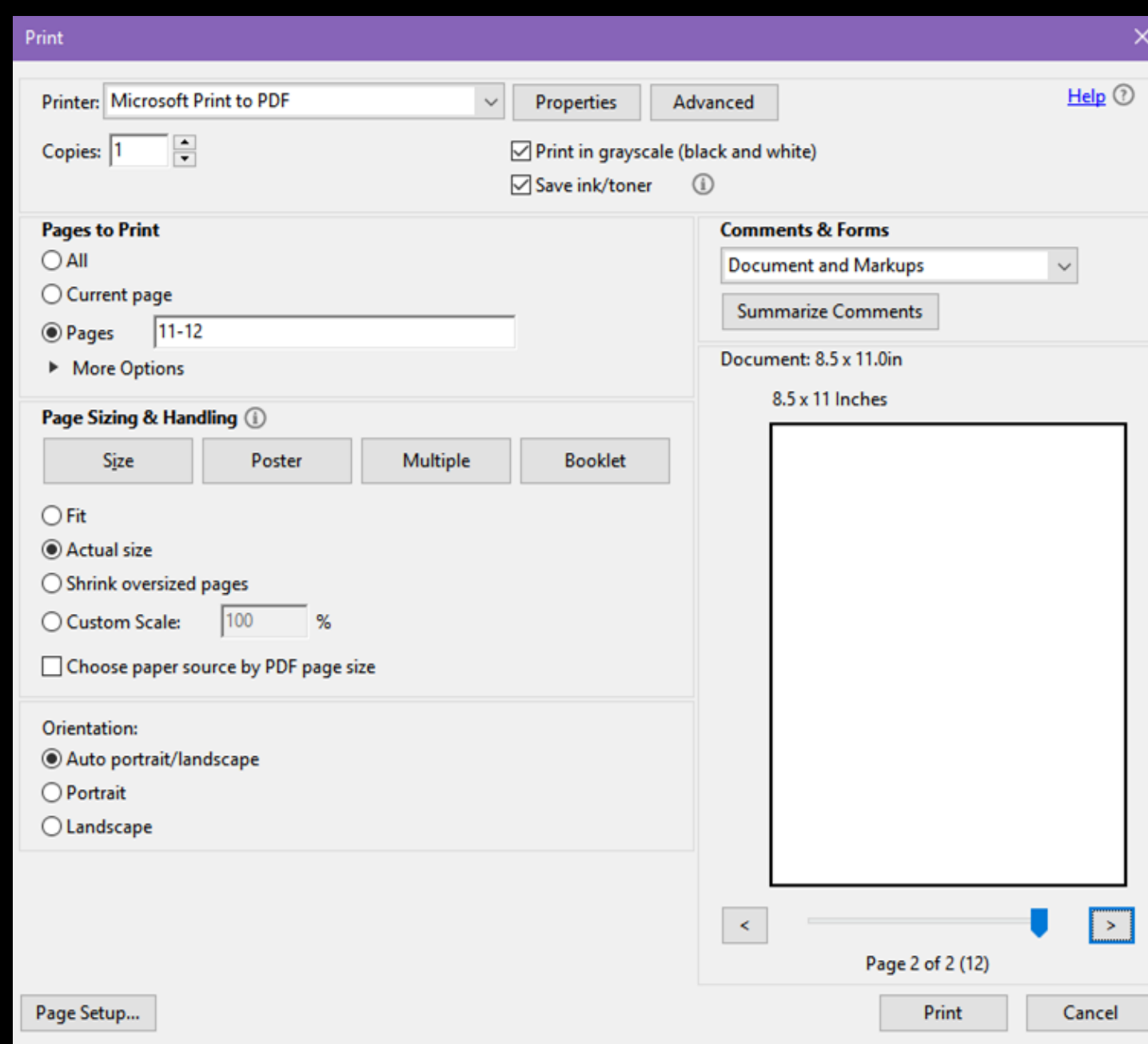
Tuck junk food out of sight



Healthy food in front



Fruit on the counter



Interaction Design

- Progressive Disclosure
 - Reduce Decision Fatigue
 - More Efficient
 - Less Errors
- Smart Defaults

Adobe Print Dialog

Interaction Design

- Call To Action

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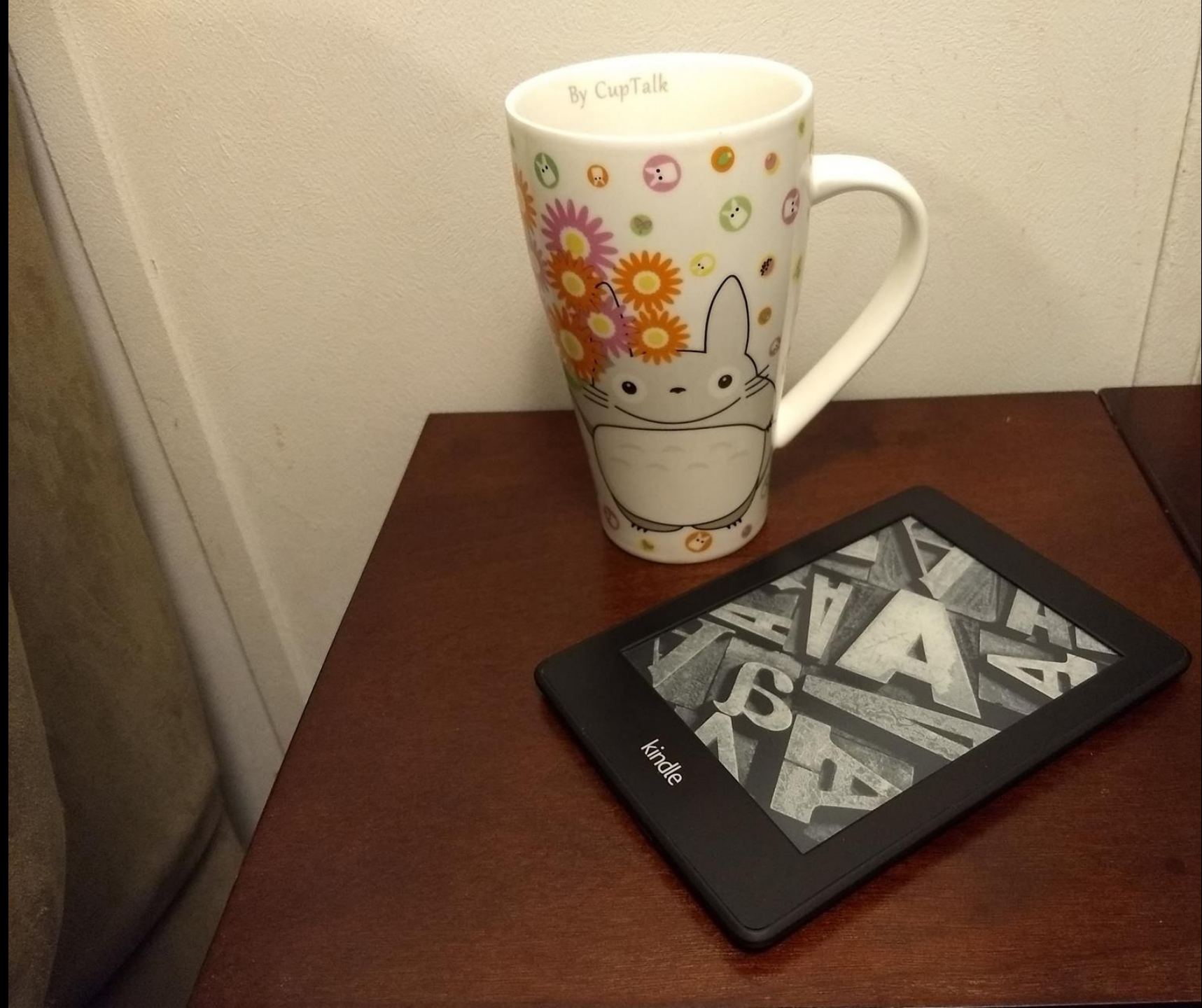
Get weekly updates in your inbox!

Subscribe

I want to miss out

Design for Success

- Call to Action
 - Visible
 - Reminder
- Smart Default



The screenshot shows the AWS Learning Library interface. At the top, there's a browser tab for 'Learning Library | AWS Training & Certification' and a URL: <https://www.aws.training/LearningLibrary?filters=language%3A1&filters=>. Below the browser bar is a navigation bar with the AWS logo and 'training and certification' text, and links for 'Dashboard', 'Learning Library' (which is underlined), 'Certification', and 'Support'. A search bar is located on the left side of the main content area. To the right of the search bar are tabs for 'View All' and 'Digital Training', with 'Digital Training' being the active tab. Below the tabs, it says '14 items'. On the left, there is a sidebar with filter categories: 'Domain' (with a plus sign), 'Role' (with a plus sign and a blue border), 'Skill Level' (with a plus sign), and 'Language' (with a plus sign). Under 'Role', there is a button labeled 'Cloud Practitioner' with an 'X' icon. Under 'Language', there is a button labeled 'English' with an 'X' icon. The main content area displays a course card for 'Amazon Cloudwatch Advanced Overview (AWS Partner-led)'. The card has a green header with an 'E-LEARNING' icon and text. Below the title, it shows 'INTERMEDIATE' with a clock icon and '15 MINUTES'. The description starts with 'In this course, you will gain a consolidated, high-level understanding of Amazon CloudWatch. Learn how CloudWatch provides ...'.

Design for Success

- Progressive Disclosure
- Smart Defaults
- Call to Action



Activation Energy

Photo by Lance Grandahl
on Unsplash



Share

- Accountability
- Celebrate Your Progress
- Unexpected Opportunities
- Crowdsourced Learning

Design for Success



Environmental Nudges



Make the Right Thing Easy



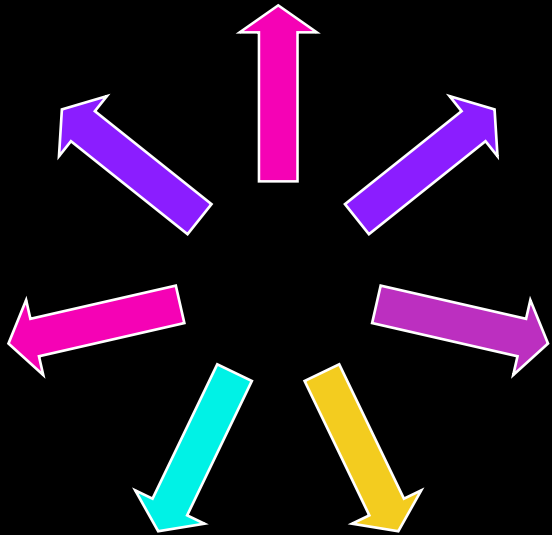
Hide Undesirable Options



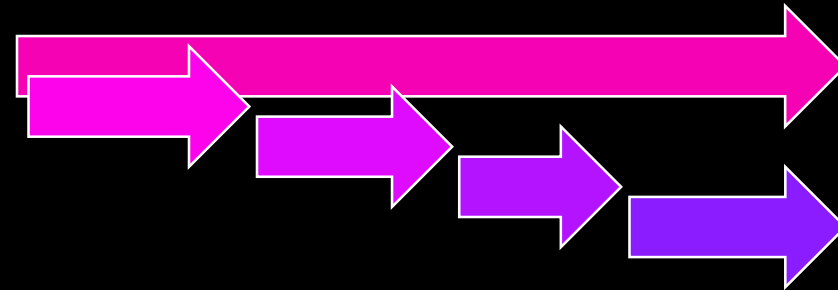
Reduce Activation Energy

Focus

Scattered Effort



Sustained Effort



Seeing Waste

- Spend time on only what adds value
- Optimize the whole
- Is it the highest priority?
- Start for 5-10 minutes



Questions?