

FRIDAY

WEEKLY PRACTICE JOURNAL

INTRODUCTION

Planning something out is usually easier than actually doing it. Opinions can win over actions, and we might convince ourselves to something else than planned.

Use this tool to move your overall development plan into your weekly work. The work you do shouldn't be separated from the development you are trying to achieve and most development happens when performing real tasks in reality.

Ambitions are great – especially when they are backed up with actions. Don't shoot for the moon if you don't have enough fuel to get there, so start focusing on 1-2 things using this tool and you are good to go.

STEP 1

- Make sure you have an overall development plan, mapping out your overall direction, your development areas supporting that direction and the specific in how to actually progress in those chosen areas.

STEP 2

- Start up the week by looking into your calendar:
- *What activities, tasks, projects and meetings are already in there?*
- *Where do I see an opportunity to practice one element from my development plan in some of those activities?*
- *Where do I see potential links between what I am about to do this week – and what I am trying to develop?*

STEP 3

- Fill out the template Monday morning (use a maximum of 15 minutes) and be deliberate in your development focus in the chosen activities.
- Do a pitstop halfway through the week on how it is going and what potential changes to make for the rest of the week.
- Follow up on Friday (use a maximum of 15 minutes) to track you actions and development progress that week.
- Keep going for 4 weeks straight and notice what focus and consistency can do.

WEEKLY PRACTICE JOURNAL TEMPLATE

Week:	Your development areas:		
WHAT ARE THE OPPORTUNITIES TO PRACTICE THIS WEEK? <ul style="list-style-type: none">• Looking at the activities already in my calendar: Where do I see specific activities to practice a specific development area?• Where do I see potential links between my development areas and the activities planned out for this week?	WHAT DOES GOOD LOOK LIKE THIS WEEK? <ul style="list-style-type: none">• What am I specifically trying to practice in those activities and how?• What are the criteria of success?• What is it I am trying to learn more about?• What am I trying to be able to do?• What impact am I trying to achieve?	WHAT MIGHT STAND IN THE WAY? <ul style="list-style-type: none">• What potential roadblock might stand in the way of my deliberate training this week?• How do I choose to approach those roadblocks?• What do I do to stay committed for the whole week?	WHO DO I NEED IN MY CORNER? <ul style="list-style-type: none">• Who do I need to involve in my practice journal for this week and how?• Who can help me and with what?• How do I make sure to get an outside-in perspective on my progress and potential pitfalls?

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business useful.

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