Agile Meets Mindfulness

Definitions of Mindfulness

➢ Mindfulness is about observation without criticism
➢ Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment
➢ Mindfulness in its most general sense is about waking up from a life on automatic, and being sensitive to novelty in our everyday experiences
➢ Mindfulness means to return to the present moment

Quick Start Guide to Mindfulness Meditation

❖ Find a comfortable position that allows you to be relaxed and alert
❖ Lower your gaze or close your eyes
❖ Bring attention to your breath
❖ When your mind wanders gently bring it back to your breath with kindness and curiosity

Mindfulness Resources

o Mindful.org (website) <= The perfect place to start
o "The Untethered Soul" by Michael A. Singer
o "The Power of Now" by Eckhart Tolle
o "Search Inside Yourself" by Chade-Meng Tan
o "Solve for Happy" by Mo Gawdat
o Insight Timer, Headspace, Omvana, Calm (apps & websites)
o Chill, Remindfulness (apps)
o "Essentialism" by Greg McKeown

Questions to Ponder

❑ What if there isn't a right way to be?
❑ What if the way you are is just fine?
❑ What if the only problem here is that you think there is a problem here?
❑ What if self-criticism and self-judgment only make things worse?

For more information please contact: wayde@wayde.com

Mindfulness Benefit

Mindfulness can upgrade your internal operating system by helping to make the unconscious conscious and create the space for reasoned and skillful responses, even in the face of highly charged feelings. Stress, anxiety, fear, and anger lose their grip more easily and quickly, giving you greater freedom of choice to respond intentionally rather than to react reflexively.

Mindfulness Connections with the Agile Principles

❑ Agile Principle #2: Welcome changing requirements, even late in development. Agile processes harness change for the customer's competitive advantage.
  ✓ Mindfulness Connection: Welcoming change is acceptance of the present moment without judgment.

❑ Agile Principle #8: The most efficient and effective method of conveying information to and within a development team is face-to-face conversation.
  ✓ Mindfulness Connection: Being fully present with others.

❑ Agile Principle #9: Continuous attention to technical excellence and good design enhances agility.
  ✓ Mindfulness Connection: Continuous attention is Mindfulness.

❑ Agile Principle #10: Simplicity - the art of maximizing the amount of work not done - is essential.
  ✓ Mindfulness Connection: Mindfully attending eliminates unneeded effort.

❑ Agile Principle #12: At regular intervals, the team reflects on how to become more effective, then tunes and adjusts its behavior accordingly.
  ✓ Mindfulness Connection: Reflection leads to awareness. Awareness in the present moment is Mindfulness.

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