

Do: You hit the store, grab your ingredients, and spend Sunday cooking a batch of chicken stir-fry and quinoa bowls.

Check: Midweek, you realise the stir-fry is bland, and you're bored of the same meal by Wednesday.

Act: You tweak the recipe, adding more spices and variety (maybe tacos next week?). The next Sunday, you try again with a new plan.

Sound familiar? You're using PDCA to level up your kitchen game without a business degree.

2. Getting Fit (PDCA at the Gym or Park)

Plan: You set a goal to get in shape and decide to jog three times a week for 30 minutes.

Do: You lace up your sneakers and hit the park, following your schedule for a week.

Check: By week two, you're sore, and your motivation dips because jogging feels monotonous.

Act: You mix it up—adding strength training or a fun Zumba class—and adjust your schedule to include rest days.

Whether you're chasing a 5K or just trying to feel better, you're cycling through PDCA to fine-tune your fitness routine.

3. Organising Your Workspace (PDCA for a Clutter-Free Desk)

Plan: Your desk is a chaos of papers and coffee mugs, so you plan to organise it with labeled folders and a new storage system.

Do: You spend an afternoon sorting, filing, and setting up a sleek organiser.

Check: A week later, you notice papers piling up again because the folders are too specific, and you're not using them.

Act: You simplify the system—fewer folders, a catch-all tray—and commit to a quick tidy-up each evening.

Your quest for a clutter-free desk? That's PDCA in action, making your space work for you.

4. Planning a Group Outing (PDCA with Friends)

Plan: You're organising a weekend hike with friends, so you pick a trail, check the weather, and plan a picnic.

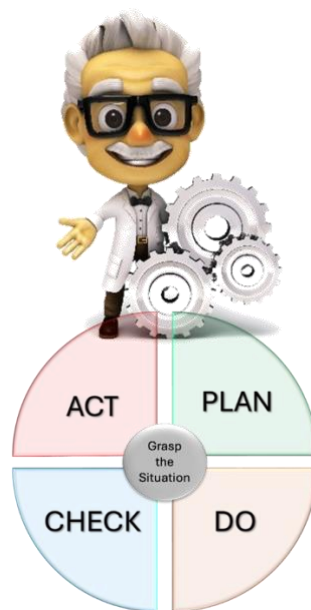
Do: Everyone meets up, and you head out for the adventure.

Check: The trail was steeper than expected, and half the group forgot water. The picnic was a hit, though!

Act: Next time, you choose an easier trail, send a reminder about water bottles, and keep the picnic tradition going.

Even your social plans get the PDCA treatment to ensure everyone has a blast.

Why This Matters



The Right Paradigms CI Professor

The PDCA cycle isn't just for boardrooms—it's a universal tool for solving problems and improving anything, from your cooking to your friendships. It's about trying something, learning from it, and making it better. You don't need a suit or a spreadsheet to use it; you're already a pro every time you tweak, adjust, or try again.

So, next time someone says problem-solving in business is complicated, tell them they're overthinking it. You've been using PDCA your whole life—whether you're spicing up a recipe or planning a better hike. Share this with your colleagues and let them know: PDCA isn't rocket science, it's just life.

