

The PDCA Cycle: You're Already Using It Every Day (Yes, Really!)

Ever heard of the PDCA cycle? It sounds like some fancy business jargon, but this problem-solving framework—Plan, Do, Check, Act—is something you're likely using in your everyday life without even realising it. Popularised by Dr. W. Edwards Deming, PDCA is a simple, iterative approach to tackling challenges and improving processes. And guess what? It's not rocket science—it's just how we naturally navigate life's hiccups! Here are some relatable, everyday examples to prove it, perfect for sharing with your colleagues to show how this "business tool" is already part of your daily groove.

1. Planning Your Weekly Meals (Plan, Do, Check, Act in the Kitchen)



PDCA in the Kitchen

Plan: Tired of takeout, you decide to meal-prep for the week. You sit down, browse recipes, make a grocery list, and plan your dishes.

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

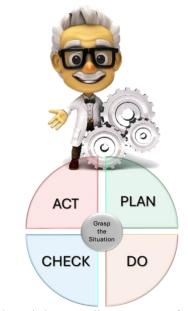
Do: Everyone meets up, and you head out for the adventure.

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.