Agile Habit Loop Canvas

1. Agile Value/Principles
- Which agile values or principles are these habits related?

2. The Impact
- Why is it important?

3. Think Deeper:
- What extrinsic/ intrinsic motivation to leverage?
- What is the long-term outcome of this investment?
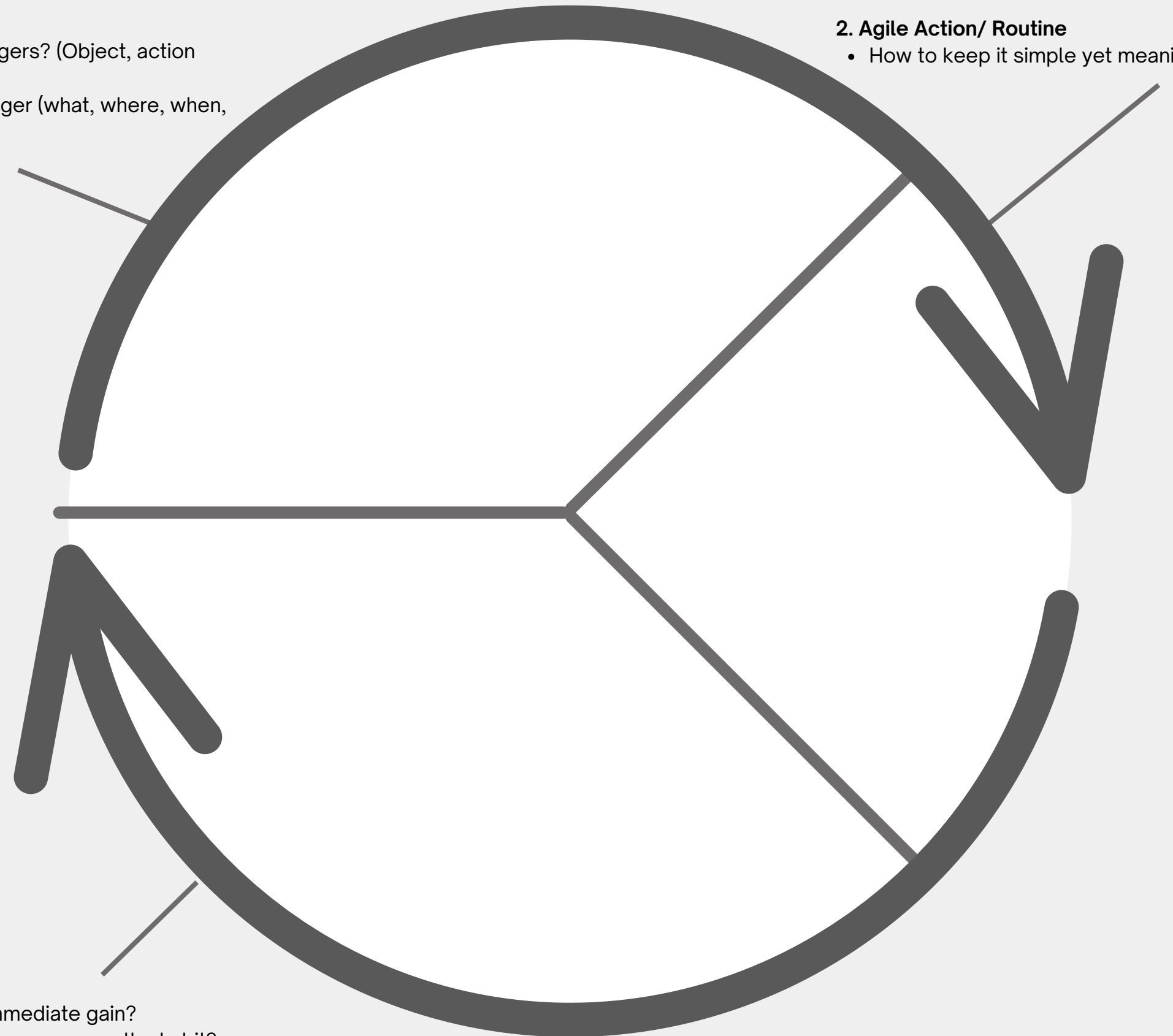
1. Trigger
- What type of triggers? (Object, action sequence, etc)
- Details of the trigger (what, where, when, how)

2. Agile Action/ Routine
- How to keep it simple yet meaningful?

3. Reward
- What is the immediate gain?
- How could you encourage the habit?

The Habit Loop

Agilizing