How to Do Scrum At Home

Setting up Scrum

Find someone else to do it with
You need at least one other person – Scrum is for teams.
If you live alone, try connecting online with a friend, family member, or a person in a similar situation to you.

Find some accessible wall-space
It needs to be in a room you spend lots of time in.
The front of the fridge or back of a door will work.

Put up some kind of board
Could be a white-board, cork-board, or even directly on the wall surface itself.
Physical > Digital – it doesn’t need to be perfect or pretty, it just needs to be constantly visible.

Add columns to your board
The simplest version is ‘To Do, Doing, Done’.
A slightly more complex version could be ‘Backlog, Doing this week, Doing today, Done today, Done this week.’
You could also use rows for each person using the board.
Start simple and adapt later.

Write tasks on separate bits of paper
Use different colours for different life categories.
Modularity is a strength of Scrum – each task can be moved around separately.

Make a burn-down chart (optional)
Assign a certain number of points to every task, based on relative predicted effort.
People sometimes use 0.5, 1, 2, 3, 5, 8, 13, 20 as point size increments.
Count up these points every day and display your progress on some kind of graph – can be as dry or imaginative as you want. (From a line-graph to a full-on game.)

Want some support? Email Sally at agileadhd@gmail.com and/or join our Slack group.
Running Scrum

Daily Scrum
Count up points from tasks done today, plan tomorrow, examine any blockers (max 15 mins).
Stand up so that you're not tempted to over-run.
Doing this every day is the simplest and hardest part of the whole Scrum system.

Retrospective
Discuss what improvements to make to your system (weekly/fortnightly).

Sprint planning
Decide which tasks from the backlog you'll do in the next sprint (weekly/fortnightly).

Backlog refinement (semi-optional)
Go through backlog, remove irrelevant tasks, add new tasks (weekly/fortnightly).

Sprint review (optional)
Find a way to celebrate and reflect on your achievements during the last sprint (weekly/fortnightly).

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