

FRIDAY *Oph*

WEEKLY WINS

FOCUS YOUR ACTIONS FOR ONE WEEK

Going from intentions, strategies and ideas and into daily actions are often a challenge to a lot of people.

We might have an overall idea of what we want to do and get excited by the potential results. The challenge can be to get started or break it into smaller pieces that makes it manageable

With this tool you will dramatically increase the likelihood of doing something – and not just thinking about it.



This will impact your business impact, individual development and motivation.



3-4 people besides yourself.



1,5-2 hours of preparation. 5 minutes follow up each day for a week.

GETTING INTO THE MINDSET

SEE THE WHOLE FIELD

To really create an impact with your weekly wins there has to be a very clear connection to the overall ambitions in your company, your role or already agreed scope of work.

Start with the strategic ambitions, playing field and the success criterias of the business and your own role. Too often people actually don't know what good really looks like, which is a key condition.

DON'T GO SOLO

Involve your manager, peers and stakeholders when defining and executing on your weekly wins. They will have important perspectives on what is relevant to focus on and what they find valuable to realize.

We are all part of a larger system and need to tap into this system to understand what is really valuable, besides our own thoughts and needs.

FOCUS ON HEAD AND HEART

Keep a balance between the rational business value that needs to be realized in your day-to-day job, while fueling your engagement and energy at the same time.

When you are able to balance the business needs with your own needs and find the link between those two, you are in a really good place.

KEEP IT REAL

Ambitions are great. Especially when they are backed up with actions. Don't shoot for the moon if you don't have enough fuel to get there. Strike a balance between being ambitious and realistic and start by getting things done, rather than just talking about it.

It is way better to start small than just thinking big about all of your ambitions.

STEPS TO MOVE FORWARD

01 MUST WINS THIS WEEK?

The most important results and development I need to realize this week?

02 IMPORTANCE AND FIT?

How does this fit the ambitions of our department and the expectations to me?

03 WHAT DOES GOOD LOOK LIKE?

What are the specific and concrete signs of success?

04 WHAT ABOUT ACTION?

What do I specifically need to do, in which specific situations, to make the desired results real?

05 WHO TO INVOLVE?

Who do I need to involve in making it happen and specifically how?

06 USE OF MY SUPERPOWERS?

What are the core strengths of mine that needs to be activated and how?

07 MY COMMITMENT?

How is my commitment in this and what is the short-term price I need to pay to make it happen more long-term?

WHAT CAN YOU DO NOW?

01 Start with the ambition and the concrete signs of success. What do you want to happen the next week and why is it important? What is the specific behavior needed to get there?

02 Involve the right people to test the ambitions and to have their support and help.

03 Connect the formulated ambitions with your calendar for the week. What are the specific activities that are important to focus on – and what to pay less attention to?

04 Use the template as a roadmap for the week and pay attention to it every day of the week.

FRIDAY *Cph*

THINK BIG AND
start
SMALL

FRIDAY
Eph



MAKING PURPOSE ACTIONABLE BY FIGHTING BULLSHIT

We are social. That is right next to you.

@fridaycph // www.fridaycph.com

