skillmivo.

30-Day Development Sprint

CAREER GROWTH & REFLECTION

Choose one skill to practice, test and reflect on over four weeks.

Target skill and specific outcome

What will you do differently at work by the end of 30 days?

Baseline and success measure

What can you currently do, and how will you notice improvement?

Week 1: Learn

What idea or method will you study and try?

Week 2: Practice

Where will you practice in a real work situation?

Week 3: Ask for feedback

Who will provide feedback, and what will you ask?

Week 4: Review and adjust

What changed? Which habit will you continue?