



# Getting Results the Agile Way: A Personal Results System for Work and Life

*J.D. Meier*

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## **Getting Results the Agile Way: A Personal Results System for Work and Life** J.D. Meier

In *Getting Results the Agile Way*, author J.D. Meier introduces Agile Results®-a simple system for meaningful results! It's a systematic way to achieve both short- and long-term results in all aspects of your life-from work to fun. It offers just enough planning to get you going, but makes it easy to change your course as needed. It also provides fresh starts for your day, week, month, and year. Even if you already use another time management system, Agile Results can supplement it to increase your impact and sense of fulfillment. In today's world, change happens quickly; learn how to be flexible and responsive to new opportunities. Don't just check off tons of stuff from your to-do list; do the things that make a difference. Stop trudging your way through life; bolster your energy with habits that will carry you forward each day. Quit sacrificing your personal life for your work life (or vice versa); give each facet of your life its due and find balance. In other words, learn the skills to go the distance in an ever-changing world. The beauty of Agile Results is that you don't have to adopt the entire system to see the benefits; just start with the following three basic tenets. First, adopt The Rule of 3 and you avoid being overwhelmed and become mindful of your results. Second, adopt the Monday Vision, Daily Outcomes, Friday Refection pattern and you set the wheels in motion for weekly results while giving yourself a fresh start each day and each week. Third, set up boundaries for your Hot Spots and begin to experience work-life balance. When you're ready for more, flip through the chapters to learn how to use stories to design your day, week, month, and year; how to find your motivation; how to improve your productivity; and many more. Agile Results is a time-tested system that J.D. Meier has honed through his years at Microsoft: learning from some of the best minds, leading virtual teams, and mentoring people around the world. It is a system he can bet on time and again. This guide is the playbook for getting results that he wishes somebody had given to him so many years ago. Now, he's sharing it with you.

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