**My Day as a Scrum Team Member**

I arrive at the office, and grab a cup of coffee while I refresh my mind by looking at my current task on the sprint backlog and checking my email to see if anyone has reported any impediments that I can solve, or has solved any impediments I reported at the end of the day yesterday.

Because our daily standup happens at 9 am, I start to work on my current task so I can make progress before the meeting.

I get a reminder from my calendar app 15 minutes before the meeting, so I update my remaining hours on my current task and jot down any issues or impediments to bring to the daily standup. I learned early on that the team was serious about enforcing team participation at the standup, so I leave for the standup a few minutes early so I don’t waste the team’s time nor be a fully participating member of our team.

During the standup I listen as others answer the Three Questions, noting whether I can help someone who has a problem. When it’s my turn, I answer the Three Questions, tell the Scrum Master of any impediments or if I can help someone else, and then pass the time to the next person. I‘ll stay after the standup if there are any sidebars that require me, otherwise it’s time for a quick pass to refill the coffee cup and then back to my office.

As I finish my current task, I either work on a new task for the current backlog item I’ve been working on, or look for work that I can do on the highest-priority unfinished task. If I run into a problem I actively work to resolve it myself, informing my Scrum Master if I need help.

If anyone tries to get me to focus on doing work that isn’t on our sprint backlog, I politely get rid of them as soon as possible and then email my Scrum Master to give him a heads-up. If it is important, I ask them to speak to the product owner to review priority with current sprint and backlog.

Because our work is planned into short sprints, it is easy to stay on top of what is really important to work on and to keep focused on. This allows me to work at a sustainable pace which is healthy for me, my team and my family.

At the end of the day, I update my remaining hours on my current task if appropriate, and leave work with the satisfaction of another solid day of making progress.

**Happy Scrumming!**