

30-Day Generalist Sprint

Thirty days. Up to four disciplines. One small, finished thing in each. Small means you could show it to someone in under two minutes.

Before you start

Pick up to four disciplines, one per week. Then pick one small thing you could finish in each.

Week	Discipline	One small thing I could finish

The rules

- Small and finished beats big and almost.
- A missed day isn't a failed week. Write down why, then keep going.
- Nothing has to be good. It has to be done.
- If a week's thing turns out too big, shrink it. Don't skip it.

Start date

Week 1

Discipline this week:

The small thing I'll ship:

Ship date:

What moved today

One line is plenty. "Nothing" is an honest answer, and it still counts as showing up.

Day	What moved

End of the week

How finished is it?

1

2

3

4

5

- ☐ It shipped.
- ☐ Not yet. What got in the way:

Week 2

Discipline this week:

The small thing I'll ship:

Ship date:

What moved today

One line is plenty. "Nothing" is an honest answer, and it still counts as showing up.

Day	What moved

End of the week

How finished is it?



☐ It shipped.

☐ Not yet. What got in the way:

Week 3

Discipline this week:

The small thing I'll ship:

Ship date:

What moved today

One line is plenty. "Nothing" is an honest answer, and it still counts as showing up.

Day	What moved

End of the week

How finished is it?

1

2

3

4

5

- ☐ It shipped.
- ☐ Not yet. What got in the way:

Week 4

Discipline this week:

The small thing I'll ship:

Ship date:

What moved today

One line is plenty. "Nothing" is an honest answer, and it still counts as showing up.

Day	What moved

End of the week

How finished is it?

1

2

3

4

5

- ☐ It shipped.
- ☐ Not yet. What got in the way:

The end of the sprint

Week	What I shipped

What carried

Something from one week that showed up in another. A skill, a habit, an idea, a mistake you only made once.

What's next

Which one do you want to keep going with, and what's its next small thing?

Last step

Show one of them to someone. That's the end of the sprint.