

# Skills Sprint Day I

## How to Learn as you go

Learn Like  
a Lobster  
Squiggly Careers  
Skills Sprint

**When you learn as you go, you never get left behind.**

It's about taking small, manageable actions that build over time and finding simple ways to learn every day, week, month, and year through the work you're already doing.

**Data helps us learn as we go**



Data creates clarity for our learning and confidence in our progress.



Lots of data is waiting for us to find in our everyday work.



Once we know where, we can use it to our learning advantage.

## Ideas to get data for your development



### Collect data about your strengths

Using our strengths increases our impact at work.

Write down 3 words you want to be known for. Then ask as many people as possible: *"what three words would you use to describe me at my best"*? Use this data to compare your intent with your impact.

### Find your listening versus talking ratio

Listening creates space for new insights and helps us learn more.

In meetings and conversations, ask yourself: *"Am I listening to learn...or just waiting to speak?"*

Self-reflect, ask a trusted colleague, or use AI tools like [Fireflies](#) to help.

### Know your notifications

Check how many notifications you had on your phone yesterday.

Assume each notification costs you 30 seconds of attention. Add up your total time spent on notifications.

Then ask yourself: *"how could this time be better used for learning?"*

## 24 hour action

Screenshot your notifications and share with a friend or sprint team. Turn one notification off and check your count tomorrow. How does it make you feel?