

Goals help you focus on a thing but reduce your eyesight



Decisions we make build our identity and through repeating form into habits

- not choosing = choosing
 - least effort
 - status quo
 - obedience
- rationalizing our actions
 - > actions become goals
- repeating ->
 - habits
 - traditions



What do I want to be?

What kind of an impact do I want to make?

What is **my** vision about myself?

Where do I want to see **myself in a few years?**

How do I want to be remembered?

What do I want to change?

What is important to me?



A good goal

- ✓ is actionable
- ✓ enables some level of planning
- ✓ enables some level of measuring success
- ✓ does not conflict with your values



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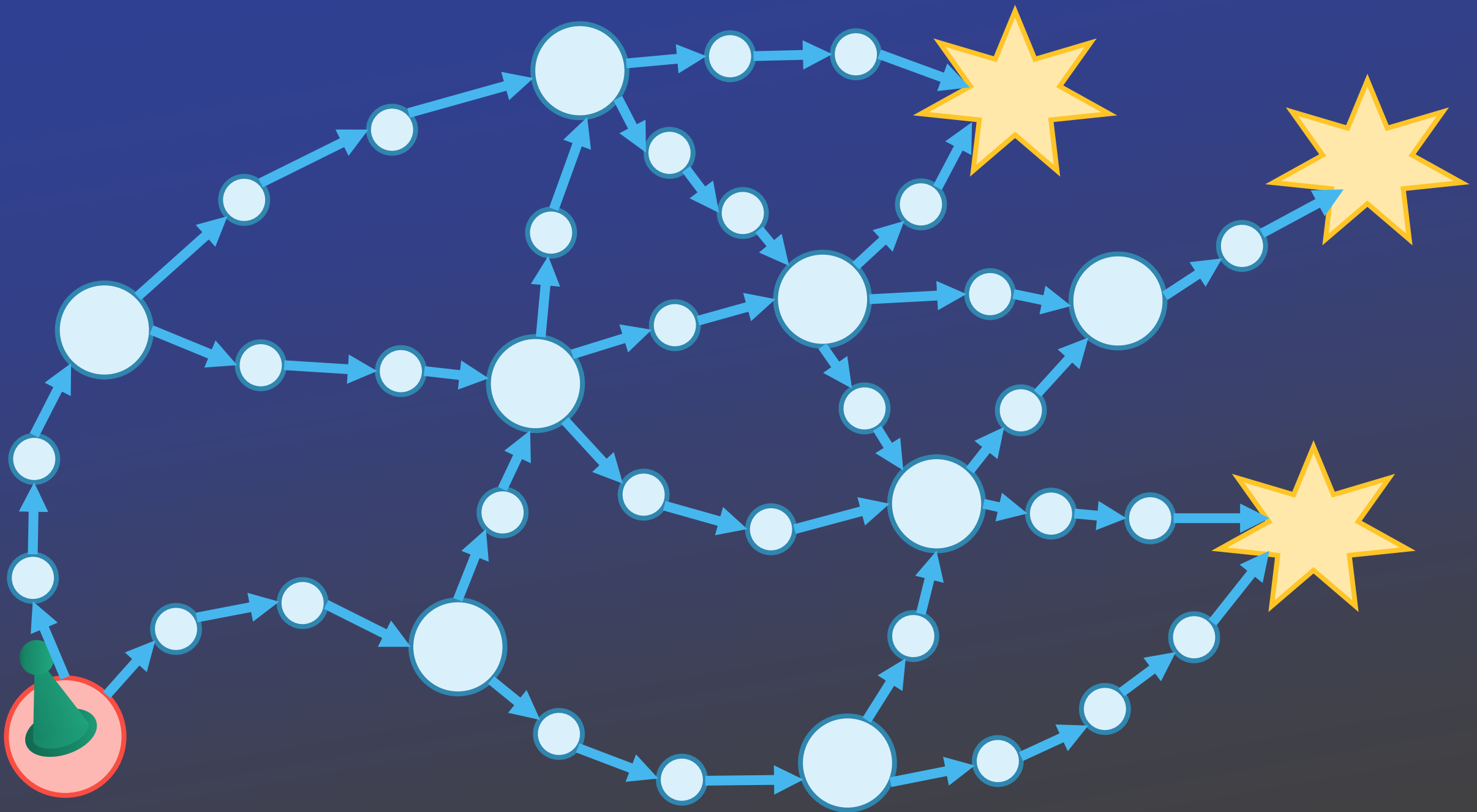
long term: what I want to do



1. Find the smallest actionable item
2. Do it
3. Evaluate whether it took you to the direction you wanted



4. Does the goal still look the same?



Change does not need to be difficult



- small, concrete tasks e.g. for a day / week
- experimental
- apply easy changes to routines
- don't expect for miracles but give them room to happen



Navigating is not just about maps



Find a star to follow – but keep your eyes open for new stars

- events & meetups (e.g. onlinetestconf.com)
- slack (slackchannels.com/software-testing-qa-slack-channels)
- twitter (@maaretp, @lisacrispin, @janetgregoryca, @katrinaclokie, @lisihocke, @marianneduijst, @AshColeman30, @charrett,..)
- blogs (e.g. testingindevops.org, katrinatester.blogspot.com,..)
- courses (e.g. ministryoftesting.com, testautomationu.applitools.com, fourhourtester.net,..)
- mentoring (e.g. transpa.ro)
- other resources (e.g. *Resources for a Beginner Tester*:
docs.google.com/document/d/1-fV3I-XPfjaeuHNO-d67dUi1yKYoyHJI4iMz2FfrwFQ)

Plan your journey



- When will you do it?
- Where will you do it?
- When will you stop to evaluate new clues?
- Where will you apply it to your real life?

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Get ahead consciously

- Make notes on your way
- Book time for learning & going through your notes

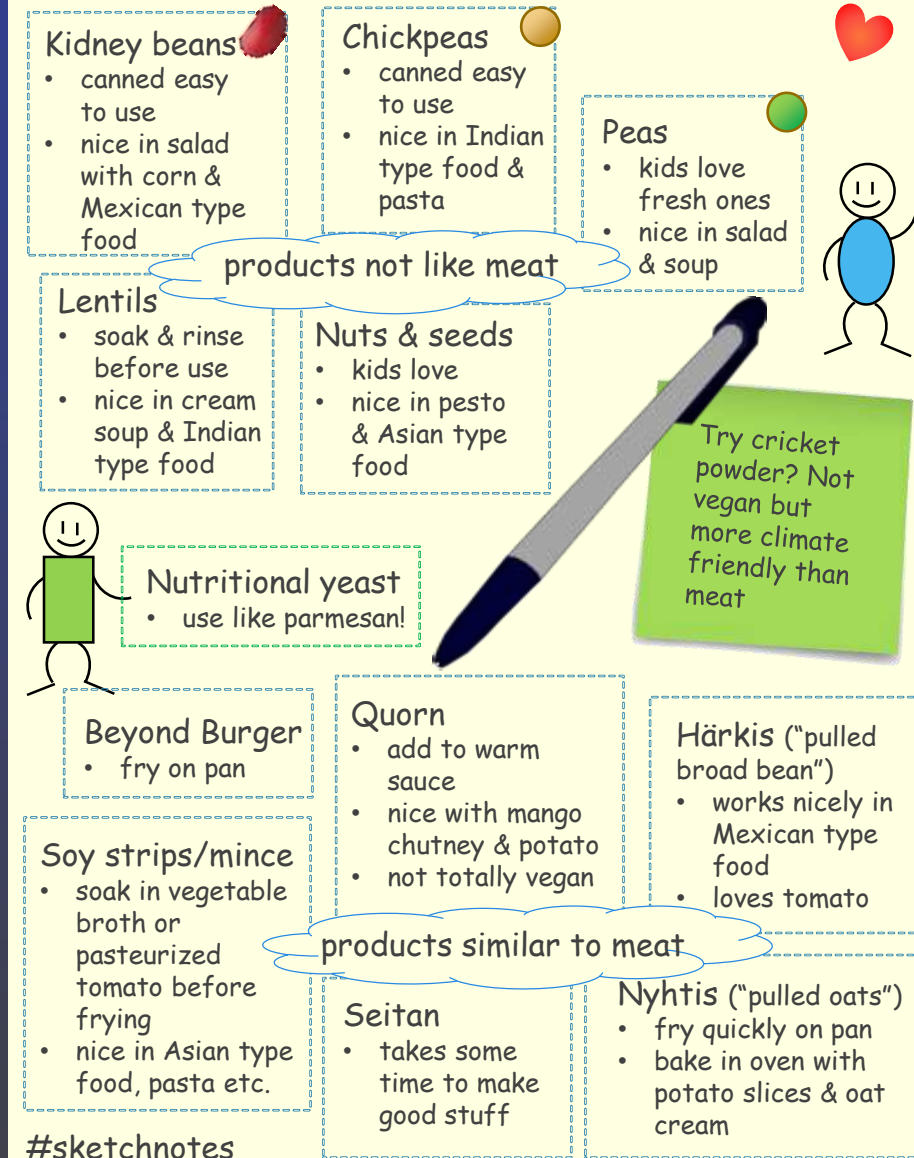


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Make sure you really learn

- Avoid multitasking
- Make more notes!
- Find links between new and existing knowledge
- Discuss and/or teach

MEATLESS PROTEIN SOURCES



Have a retro with yourself

- Where are you?
- Where do you want to go?
- PROOF
 - Past – how did you use the time?
 - Results of your personal sprint
 - Obstacles & how to get help with them
 - Outlook on what there's yet to do
 - Feelings about what you did



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Does this create something good?

- goals can only be built on what you already know
- rules around us change
- new knowledge should change our goals



Do you notice the change?

- expectations for software change
- role of software in our lives changes
- things that need testing change



How does it matter what I do?

New York Post 13.6.2019

Researchers: bitcoin's carbon footprint equal to Las Vegas

Vox 21.11.2018

Online shopping is terrible for the environment. It doesn't have to be.

Time 25.5.2017

Why Instagram Is the Worst Social Media for Mental Health

The Wired 8.2014

THE NEW EYES OF SURVEILLANCE: ARTIFICIAL INTELLIGENCE AND HUMANIZING TECHNOLOGY

The Guardian 12.8.2010

What's the carbon footprint of ... the internet?

The internet releases around 300m tonnes of CO₂ a year - as much as all the coal, oil and gas burned in Turkey or Poland, or more than half of the fossil fuels burned in the UK

The Guardian 8.9.2011

Google discloses carbon footprint for the first time

At around 1.5m tonnes of carbon, the energy usage of the online giant is on a par with the United Nations

The New York Times 8.7.2018

Inside China's Dystopian Dreams: A.I., Shame and Lots of Cameras

Washington Post 30.9.2016

THE COBALT PIPELINE

Tracing the path from deadly hand-dug mines in Congo to consumers' phones and laptops

The Guardian 17.9.2014

Modern-day slavery rife in Malaysia's electronics industry

Report says a third of migrant workers in industry are trapped in debt bondage and have their passports illegally withheld



▲ Women work at an electronics factory in Malaysia. A report says forced labour is used in the supply chains of many household brands. Photograph: Jonathan Drake/Getty Images

Are we solving the right problems?

Are we solving them right?



Ask questions to reveal the invisible

- What are the assumptions?
- What is taken for granted?
- What is the impact of our actions?
- How has world changed?



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What about me?

- Am I feeling healthy?
- What do I really need?
- Where is my passion?
- Am I awake enough to notice things that matter?
- Do I care enough to advocate for things that need attention?
- Do I use my freedom?



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@EevaPursula

Don't stand between yourself and your future

- We internalize boxes we are put into
- We survive by adapting ourselves
- We get used to things and assume them to be normal
- We learn helplessness



No-one can spread your wings for you

No-one takes
care of you if
you don't do it
yourself



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@EevaPursula

What is the need you are trying to fill?

- Are you doing things to achieve them or to escape something else?
- Are you doing things because that's what you assume you should be doing?
- Is there something you could give up to be happier?



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Summary

- Find your goals
 - reflect your needs & values
 - find stars to follow
- Advance your goals
 - smallest actionable item
 - plan where & when
 - make notes
 - link new to existing knowledge
 - discuss
- Check your direction periodically
 - are you going where you thought you would
 - do you still want to go there
- Ask questions