

Mindful Programming

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Introduction

- As the industry shifts towards global programming, companies are forced to expand to meet demand. Teams are distributed all across the world, working across different time zone cooperate for a common goal, and bringing together their strengths and lifting each other's weaknesses
- As growth increases, new challenges such as communication, culture, and regional holidays arise which influences the timeline and quality of the project.

In this paper I have incorporate seven highly effective habits, as described by author Stephen Covey, into our day-to-day programming life.

Be Proactive

- Kick-off meeting – Participate, bring your experience to the table.
- During the study-programming phase - DO NOT assume, Communicate
- Post study – Take moment to reflect and learn

In summary, being proactive as a programmer means we are responsible for our own timelines and quality. Move away from reactive approach and proactively organize, prioritize, communicate, and discuss to improve efficiency.

Begin with the end in mind

- Visualize big picture, and have holistic approach
- Keeping end in mind will give you right priority
- It is important to understand deliverable date, stake holder on the study, other cross functional team, dependencies etc to set up effective communication pathway.

Proactively understanding the end will give you sense of ownership, meaning for you work, motivation to look at the finished product/results, know your prioritization.

Put first things first:

- Here we discuss both procrastination and priority
- On any given day we are juggling between multiple projects and studies, to specie it up we are regulatory and ad-hoc requests. Without being proactive and understanding the end goal we will never be able to prioritize

We are caught between urgent and important. Able to react to urgent matter but continue to stay proactive about important matter is where quality and timeline will converge again.

Seek to understand, then to be understood

- Listening is big part within any area
- This can be simply sufficed as open communication between Manger-Programmer, Programmer-Vendor, and Programmer-Client etc.

Especially with global team it is very important to understand each other's background, culture to have effective communication. If we want to be effective programmers that lift up each other, we need to use empathic listening and genuinely understand our colleagues. This compels others to reciprocate the listening and be willing to be influenced by you. Communication is foundation to success.

Win/Win

- Whether or not you are the only developer working on a project, you must not let your ego cause you to think only of yourself. This only give superficial contentment but damage the team productivity. Increase in team moral will build trust and ultimately have team who can keep their timeline and quality without much stress.

You should think about mutually beneficial solutions that will ultimately lead to a better long-term resolution, rather than if only one person in the situation gets their way. Cultivate the habit of asking yourself questions like: “What’s in it for them that I can also benefit from? How can we both get some portions of what we want without damaging our relationship?”

Synergize

- The interdependencies with between different department and different programmer within one department is quite obvious and which evolves large teams.

It is important to empower every programmer by helping them feel very comfortable expressing different points of view without the fear of embarrassment. In this way, your team can be a lot more productive by taking advantage of the strengths of every member. Teamwork is greater than the sum of its parts.

Sharpen the saw

- We are trapped in the “busyness” so much that we do not even try to find any time to sharpen the saw
- Programmer must challenge themselves and learn more, set stretch goals.

Accordingly to Covey sharpening the saw means renewing in all aspects, for programmer which may include physical, mental, social/emotional and technical. We must master our fundamentals and continue to improve technically.

- “I am not a product of my circumstances. I am a product of my decisions.”
- “We are what we repeatedly do. Excellence, then, is not an act but a habit.”

Reference

- THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE – BY STEPHEN COVEY
- GETTING THINGS DONE: THE ART OF STRESS-FREE PRODUCTIVITY - BY DAVID ALLEN
- The Power of Habit: Why We Do What We Do in Life and Business – Charles Duhigg

A word cloud featuring the phrase "Thank You" in numerous languages. The words are arranged in a circular pattern, with "thank you" in the center in large red letters. Other prominent words include "gracias" in green, "mercí" in orange, "danke" in blue, and "shukriya" in purple. Smaller words like "arigatō", "terima kasih", "dank je", and "mochchakkeram" are also visible. The background is white with a subtle grid pattern.