RESILIENCE · SUSTAIN MOMENTUM

Mid-Sprint Reset

Stop a failing cycle, drop what won't save it, and restart.

Facilitator _____

Date _____

TIMER: 20 MIN — STARTED □

1 · THE CYCLE WE'RE STOPPING

_____ *the sprint, phase or release that's losing pace*

The only sort test: "Would this actually save the cycle?" — not "is it useful?", not "is it nearly done?"

2 · WON'T SAVE THE CYCLE

everything else in flight — one work item per card, captured honestly (including the polishing and nice-to-haves)

✗ _____

✗ _____

✗ _____

✗ _____

✗ _____

✗ _____

✗ _____

3 · WILL SAVE THE CYCLE

the must-win work — the team agrees each card before it moves here; no silent sorting

★ _____

★ _____

★ _____

★ _____

★ _____

★ _____

★ _____

4 · THE RESET — RESTART ON THE MUST-WIN WORK ONLY

close the meeting and restart immediately — don't carry on discussing

MUST-WIN WORK — THE WHOLE FOCUS	OWNERS	RESTART AT

DROPPED OR DEFERRED — SAY IT OUT LOUD

_____

Twenty minutes of stopping can buy back the rest of the cycle.

The halt buys time — it doesn't cost it · "save the cycle" is the only test · no silent sorting · drop work out loud · restart on the must-win list only

© Witmer