

PE 16

PRACTITIONER EXPERIENCE

Experience an Embedded Practice in real work.



Adaptability



PRACTICE: The Friday Scan

One question at the end of the week — what shifted that you haven't deliberately responded to yet.

THE HOOK

Not everything that changes gets announced. Friday is when you look back at the week and decide whether you're still pointed at the right thing.

DEFAULT

BEHAVIOR SPECTRUM

EMBEDDED

01

SIGNAL

When does this matter?

Each Friday, before you close down for the week.

It's 4:30 on Friday and you're about to close your laptop for the weekend.

02

REDIRECT

What do I do?

Ask what shifted this week that you haven't responded to. Name it. Decide if it needs action before Monday — and make it if it does.

A stakeholder went quiet on a project — you send one message to check before the weekend.

03

SHIFT

How will I know it's working?

You'll know it's working when things stop becoming crises — you caught them Friday, before they had a chance to.

The thing you flagged Friday gets resolved calmly Monday instead of blowing up Wednesday.

04

EMBEDDED

How do I know it worked?

People stop bringing you up to speed — you're already there. You're known for seeing the shift before it's announced.

Your manager stops opening 1:1s with "here's what you missed."



REPEAT UNTIL EMBEDDED

BEFORE (Old Pattern)

- The week ends without a deliberate check.
- Small shifts go unnoticed until they become crises.

AFTER (Embedded)

- You scan the week every Friday and name what shifted.
- You catch it before it becomes urgent.

THE GOAL

Close every week having deliberately decided what deserves a response — not just noticing it.