



Status Quo Bias

Status Quo Bias is the tendency to stick with the status quo even when presented with a better option involving change.

To do nothing is in every man's power.

~Samuel Johnson

What are you doing that isn't serving you because of the effect of status quo bias?

Use Retrospectives to Help Challenge Status Quo Bias

In the agile development methodology, there is a concept called the 'retrospective', sometimes called lessons learned. It is a process that serves to look at the activities of the last several weeks and determine what worked well and what didn't work well. The period of time that is reviewed is called a 'sprint.' Each organization defines their sprint differently, based on the specifics of their business.

The question is— within your process, what can be defined as a sprint?

How can you build in a process at the end of each sprint to challenge the status quo?

Ask yourself what worked and what didn't for each sprint. Then look for something that you can do differently to improve the process. At the next sprint, you'll review again and find out if your change lead to improvement.

Want to learn more?

Learn more about the [agile development methodology](#).