ALX Foundations: Milestone 12 Worksheet

SECTION A: Daily 3 Reflection

Step 1: Tally

Please reflect on your past month of Daily 3 practice. For each of the 3 practices, please share an honest reflection on how much you have practiced each of the Daily 3 (provide your best estimate if you haven't been tracking). You may indicate the total times or average # of times per week.

Step 1: Tally
A. 20 minutes of daily movement. Amount of practice in the past month: Engaged in movement approximately 4 times a week, totaling around 16 sessions. **B. 5 minutes of daily meditation. Amount of practice in the past month:** Successfully immersed in meditation for most days, hitting around 25 out of 30 days. **C. 3 pages of daily morning pages. Amount of practice in the past month:** Managed to embrace morning pages around 12 times in the past month.

Step 2: Self-Rating

For each practice, rate how satisfied you are <u>personally</u> with how much you have been practicing each of the Daily 3. 1= not at all satisfied, 4= extremely satisfied.

Step 2: Self-Rating
A. Daily movement. Your Rating: Rated at 3 - somewhat satisfied, yet recognizing the need for more consistency. **B. Daily meditation. Your Rating:** Awarded a 3 - content with the routine of daily meditation. **C. Daily morning pages. Your Rating:** Graded at 2 - not entirely satisfied due to inconsistencies.

Step 3: Blocks Analysis

For each practice, indicate what you think the biggest block or obstacle is to achieving a 4 (if you are not at a 4). If you are at a 4, then simply indicate "4" again.

Step 3: Blocks Analysis
A. **Biggest block to a daily practice of movement:** Juggling time constraints and struggling to establish a consistent routine.
B. **Biggest block to a daily practice of meditation:** Battling distractions during meditation sessions.
C. **Biggest block to a daily practice of morning pages:** Wrestling with a lack of a set morning routine and challenges in time management.

Step 4: Overcoming Blocks

For each practice, brainstorm a few ideas, and then name one specific thing you could realistically do to lessen the block (if you are not at a 4). If you are at a 4, then simply indicate "4" again.

Step 4: Overcoming Blocks
A. **One way to lessen the block to a daily practice of movement:** Integrate specific time slots for movement into my calendar.
B**. One way to lessen the block to a daily practice of meditation:** Construct a dedicated meditation space at home to minimize distractions.
C**. One way to lessen the block to a daily practice of morning pages:** Adapt my morning routine to prioritize morning pages as the first task of the day.

Step 5: Adapting Practices

For each practice, brainstorm a few ideas, and then name one specific way that you might try to adapt the practice to be more personalized to you. For example, you might prefer singing instead of movement. Or you might prefer a very slow meditative walk in nature instead of seated meditation. Or you might prefer bullet journaling to morning pages. You may also prefer to change the default minimum daily time/amount to less or more than we recommend. It's your

practice– so make it your own! (If you are at a 4, you can still come up with something else you might try to keep your practices fresh.)

Step 5: How Might You Adapt Each Practice to Better Suit YOU?

> **A. I can personalize my movement practice by:** Experimenting with different forms of movement like dancing or cycling to maintain interest.
>
> **B. I can personalize my meditation practice by:** Exploring guided meditations and practicing mindfulness during daily activities.
>
> **C. I can personalize my morning pages practice by:** Utilizing a digital platform for morning pages.

Step 6: Commitments

For each practice, what do you <u>personally</u> commit to achieving during Month 3– that is, from now until 20 August? You may decide that you wish to officially quit one, two, or all practices. You may decide that you will adapt them, or not. You may decide on a minimum number of times per week you wish to practice them, or a total number of times (until 20 August). **This is <u>for</u> you, and it is completely up to you. There is no right answer.**

For each of the 3 Practices, please list what you commit to. Be very specific. What exactly will you do? When will you do it? How often will you do it? How many total times will you do it (if applicable)?

For example, for Movement, you might say:
I commit to completing four 60-minute workouts each week until 20 August, for a total of 16 workouts. Each workout will involve 20 minutes of cardio, 20 minutes of weight training, and 20 minutes of yoga.

For Meditation, you might say:
I commit to putting on calming music and laying down for at least 10 minutes. I commit to doing this before 6pm in the evening, and I commit to doing it at least every other day. This means I will do this at least 13 times before 20 August.

For Morning Pages, you might say:

I commit to keeping a journal on my desk and writing at least 2 pages whenever I am feeling frustrated or when I feel creatively blocked.

You may also decide that you are not making any commitments, but please still state this.

Step 6: Commitments

A. My commitment to Movement for Month 3 is: Pledging to engage in at least 4 sessions of 20 minutes each per week.

B. My commitment to Meditation for Month 3 is: Vowing to practice daily meditation for at least 7 minutes before bedtime.

C. My commitment to Morning Pages for Month 3 is: Pledging to write 3 pages every Monday, Wednesday, and Friday morning.

Step 7: Tracking

You will be checking in again at the end of this month to see how well you have done in meeting your commitment. How will you track your progress? You may keep a Google Sheet, or use a free habit-tracking app like <u>Streaks</u> or <u>Everyday</u>.

Step 7: Tracking

Be specific. How will you track your progress?

I'll be utilizing a habit-tracking application to diligently monitor my daily practices.

Step 8: Support Plan

How will you help yourself stick to your commitment? It may be an accountability buddy, being willing to make your goals a little easier (which is WAY better than just quitting!), or something else. You may also choose to reward yourself when you reach certain milestones.

Step 8: Support Plan

Be specific. How will you help yourself stick to your commitment? I plan to keep myself accountable by sharing my goals with my friend Boutaina Boudiouane, who can regularly

check in on my progress.

STOP

You are now ready for your peer coaching session. Please go back to Canvas and continue with your learning content. You will be given instructions for your peer coaching session and prompted on when to return to complete Section B.

SECTION B: Peer Coaching

Step 9: Peer Coaching Session Output

Please share the following information on your peer coaching session, once you have completed it.

Step 9: Peer Coaching Session Output

A. List the full name of your peer coach.

Boutaina Boudiouane

B. When did the peer coaching session take place? (Date & Time)

Friday January 19th, 2024, at 3:00 PM.

C. Where did the session take place?

Anfa Hub

D. Did you ask your peer to hold you accountable? If yes, explain.

Yes, I asked Boutaina Boudiouane to check in with me weekly to ensure I'm sticking to my commitments.

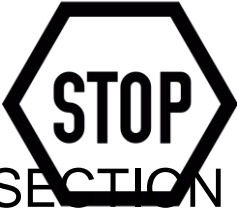**E. Did your peer ask you to hold them accountable? If yes, explain.**

No.

F. On a scale of 1-4, how valuable did you find the peer coaching session? (1= not at all valuable, 4= extremely valuable)

4

G. Is there anything else you would like us to know about your peer coaching session?

No

SECTION C: Research & Reflection of Your Chosen Field (Tech Track)

Step 10: Industry Research

Please conduct some internet research on your chosen track in order to answer the questions below. (Note that we are using the terms "track," "industry," and "field" interchangeably.)

When asked for sources, please list a minimum of 2.

IMPORTANT NOTE on question B. We are not asking how many people work for Salesforce the company, nor for AWS the company– rather about how many people work as developers/consultants on those systems.

Step 10: Industry Research

A. **What is your currently chosen field (AWS, Salesforce, Data Science, Data Analytics, or Software Engineering)?**
   Software Engineering

B. **About how many people are currently work in your chosen field globally?** As of the latest data, there are approximately 5 million software engineers globally.

C. **What sources did you use to arrive at this number**
   Source 1: Global employment figures
   Source 2: LinkedIn

D. **What is the average pay for an entry-level professional in your chosen field (either in your region, Europe, or in the US)?** Entry-level software engineers in my region earn an average of $12,000 annually.

E. **What sources did you use to arrive at this number?**
   Source 1: Glassdoor
   Source 2: PayScale

F. **Name at least 1 certification that people in your field may get.**
   A widely recognized certification in Software Engineering is the "Certified Software

Development Professional " offered by the IEEE Computer Society.

G. What sources did you use to arrive at this answer?

Source 1: Springboard

Source 2: IEEE

H. By how much is your industry projected to grow in the next ~5 years?

The field of Software Engineering is expected to experience a growth rate of approximately 22% in the next five years, based on projections from technology market research reports.

I. What sources did you use to arrive at this answer?

source1: App Academy

source 2: kinsta

J. What are 2 ways others in your field are using their knowledge to address a GCGO?

Software engineers are actively involved in addressing gender diversity challenges by participating in initiatives that promote inclusivity in tech. Additionally, they contribute to environmental sustainability by developing energy-efficient software solutions.

K. What sources did you use to arrive at this answer?

source1: findcourses

source 2: starmind

Step 11: Personal Reflection

Please take a moment to reflect on your personal motivation and your connection to your chosen GCGO.

Step 11: Personal Reflection

A. What makes you personally excited and motivated to become a professional in your chosen field? (It's ok if money is a primary motivator. Be honest.)
The thrill of being at the forefront of innovation and shaping the future.

B. How do you / will you stay motivated to continue your studies when things feel hard?

C. **How might you continue to contribute toward addressing your chosen GCGO while pursuing work in your chosen field?**

Actively participating in initiatives promoting equal opportunities, advocating for diversity, and mentoring aspiring female engineers.

Please go back to Canvas and continue with your learning content. You will be prompted on when to return to complete Section D.

SECTION D: Elevator Pitch

Step 12: Elevator Pitch Group Members

Please provide the name of at least 1 peer that you shared your elevator pitch with.

Step 12: Peer/Group Member Name(s)
Boutaina Boudiouane and **Zakaria oubella**

Step 13: Revisions

Please list at least 2 pieces of feedback you got and/or revisions that you made to your original elevator pitch.

Step 13: Feedback/Revisions
A. Infused insights on highlighting my adept problem-solving skills and real-world project experience based on valuable feedback. **B.** Fine-tuned the rhythm and structure of the pitch by incorporating constructive input to enhance overall clarity and engagement.

Step 14: Current Elevator Pitch

Please write out your current, revised elevator pitch. It should include:
- A short introduction with your first and last name.

- 2 - 3 short, strong elements of your background.
- A short sentence that highlights your top 3 skills.
- Why are you the best person to offer these skills? What makes you stand out?
- The specific value you will bring your employers (or clients). How will your contribution make their jobs/ life easier?
- A clear specific ask (what is required from the audience). What must they do with the information you have shared in this pitch?
- A strong concluding sentence.

Step 14: Your Personal Elevator Pitch
Hello, I'm Ali Jalal. Armed with a Computer Science background and a knack for problem-solving, I bring to the table strong analytical skills, proficiency in multiple programming languages, and a track record of delivering impactful projects. What makes me stand out is my knack for turning complex ideas into user-friendly solutions, ensuring a seamless experience. By having me on your team, you're not just getting a professional; you're gaining a dedicated innovator committed to making your tech endeavors more efficient. I invite you to explore how my skills can propel your team's success. Let's collaborate for a tech-forward future!

Section E: Skills Map

Step 15: Update Skills Map

Please revisit the Skills Map you completed in Weeks 1, 6 and 11. (If you need a new copy, go HERE.)
Create a new tab and update your ratings as of this week.

Below, please provide a link to your skills map. Make sure it is only "viewable," not editable.

Step 15: Skills Map URL
https://docs.google.com/spreadsheets/d/1SKijHZji6Ur4wRxYL3NuyLBPfO96Wb-Z/edit?usp=sharing&ouid=100998846795619539080&rtpof=true&sd=true

Steps 16: Reflect on Skills Map

Please answer the following questions as you reflect on the process of updating your skills map. This is for you, so please be honest.

Step 16: Skills Map Reflection

A. **On a scale of 1 to 4, how much effort have you put into your ALX studies over the past 2 months? (1= very little effort, 4= huge amount of effort):**
   4

B. **On a scale of 1 to 4, how satisfied are you with how much you have learned in the past 2 months? (1= not at all satisfied, 4= extremely satisfied):**
   4

C. **How much do you agree with the following statement: "The knowledge and skills I have learned in the past 2 months will serve me in the workplace." (1= completely disagree, 4= completely agree.):**
   4