

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. 1 hour of movement 6 days per week. Amount of practice in the past month: 24 days in the past month
- B. 30 minutes of meditation 6 days per week. Amount of practice in the past month: 24 days
- C. 3 pages of morning pages 6 days per week. Amount of practice in the past month: 24 days

Step 2: Self-Rating

For each practice, rate how satisfied you are personally 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:
4
- B. Daily meditation. Your Rating:
4
- C. Daily morning pages. Your Rating:
3

Step 3: Blocks Analysis

For each practice, indicate what you think the biggest block or obstacle is to achieve 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:

4

B. Biggest block to a daily practice of meditation:

4

C. Biggest block to a daily practice of morning pages:

I think sometimes I find myself thinking about what to write and it can be frustrating.

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:

4

B. One way to lessen the block to a daily practice of meditation:

4

C. One way to lessen the block to a daily practice of morning pages:

is to relax and let the writing flow naturally.

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 changing the default 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:

Choosing activities I genuinely enjoy, like dancing or hiking, to make exercise a fun part of my routine. This ensures I stay motivated and consistent in staying active.

B. I can personalize my meditation practice by:

Selecting a quiet and comfortable space that resonates with me, maybe with soft music or nature sounds. Tailoring meditation techniques to suit my preferences, such as guided meditations or focused breathing, makes the practice more effective and enjoyable.

C. I can personalize my morning pages practice by:

Making it a creative outlet by incorporating doodles or expressing thoughts in a poetic form. Writing in a way that feels natural to me, whether it's bullet points or full sentences, enhances the therapeutic aspect of morning pages.

Step 6: Commitments

For each practice, what do you personally commit to achieving during Month 3– that is, from now until 20 August? You may decide that you wish to quit one, two, or all practices officially. 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 for 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 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 lying down for at least 10 minutes. I commit to doing this before 6 pm, 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:

I commit to completing 1 hour of movement 3 times each week at the very least until August 20. Each workout will involve a mix of cardio and strength training exercises.

B. My commitment to Meditation for Month 3 is:

I commit to practicing mindfulness meditation for at least 10 minutes, 3 mornings a week.

C. My commitment to Morning Pages for Month 3 is:

I commit to writing at least one page in my journal every morning 3 times a week as a form of morning pages. This will be part of my routine, happening within the first 30 minutes of waking up. I aim to complete this every day until August 20.

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 [Streaks](#) or [Everyday](#).

Step 7: Tracking

Be specific. How will you track your progress?

I will use the tracking app I have on my phone to mark off the days I complete my workouts, meditation sessions, and morning pages. This visual record will help me stay accountable and motivated to maintain consistency throughout the month.

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?

1. I'll make sure my workout and meditation goals are achievable and fit into my daily routine.
2. I'll share my commitments with a friend who has similar goals, and we'll check in with each other regularly.
3. I'll reward myself when I achieve milestones, like completing a certain number of workouts or meditation sessions. This positive reinforcement will keep me motivated.



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.

Caroline Mbata

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

Date: Wednesday, 17 January, 2024

Time: 09:00 PM - 10:00 PM WAT

C. Where did the session take place?

[Google Meet](#)

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

We discussed holding each other accountable for our commitments and progress. I shared my workout and meditation commitments, and my peer coach did the same. We agreed to check in regularly.

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

We discussed holding each other accountable for our commitments and progress. I shared my workout and meditation commitments, and my peer coach did the same. We agreed to check in regularly.

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, other than it went well.



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

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

Step 10: Industry Research

Please conduct some internet research on your chosen track 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 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)?

AWS

B. About how many people are currently working in your chosen field globally?

AWS re/Start, in over 180 cities across 60+ countries, trains millions globally in cloud computing. Over 13 million are already trained, part of AWS's 29 million goal by 2025.

C. What sources did you use to arrive at this number?

- [Amazon Web Services \(AWS\) Blog](#)
- [LinkedIn Workforce Insights](#)

D. What is the average pay for an entry-level professional in your chosen field (either in your region, Europe, or in the US)?

On average, entry-level AWS professionals might expect a salary ranging from \$70,000 to \$120,000 per year in the United States.

E. What sources did you use to arrive at this number?

- [Payscale](#)
- [Glassdoor](#)

F. Name at least 1 certification that people in your field may get.

One popular certification for AWS professionals is the "AWS Certified Solutions Architect."

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

- [AWS Certifications](#)
- [Forbes - The Top Cloud Computing certifications](#)

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

Most companies currently consider the cloud as a technology platform. In 2023, organizations are using cloud computing either as a technology disruptor or capability enabler. Gartner predicts that more than 50% of enterprises will use industry cloud platforms by 2028 to accelerate their business initiatives.

The global cloud computing market is poised for substantial growth, with an anticipated size of USD 1,554.94 billion by 2030, projecting a robust CAGR of 14.1% from 2023 to 2030.

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

- [Gartner](#)
- [Yahoo Finance](#)

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

AWS professionals contribute to global challenges by leveraging cloud technology for sustainable solutions, such as optimizing energy consumption in data centers and supporting environmental initiatives.

Additionally, they play a crucial role in enabling digital transformation for organizations, positively impacting areas like education and healthcare.

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

- [AWS Sustainability](#).
- [AWS in Education and Healthcare](#), [AWS in Healthcare Case Studies](#).

Step 11: Personal Reflection

Please take a moment to reflect on your 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.)

What excites me the most about entering the AWS field is the dynamic nature of cloud technology and its transformative impact on businesses and societies. The prospect of constantly learning and being at the forefront of innovation is a significant motivator. While financial stability is essential, the thought of being part of a field that shapes the future is genuinely exhilarating.

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

During challenging times in my studies, I plan to focus on the bigger picture—reminding myself of the impactful role that cloud technology plays in addressing global challenges. Additionally, staying connected with a supportive community of peers, and mentors, and continually setting small, achievable goals will be my strategy to overcome hurdles.

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

Integrating my AWS expertise with initiatives addressing my chosen GCGO, healthcare, is a personal commitment. Whether it's by optimizing healthcare solutions in the cloud, contributing to data-driven healthcare innovations, or collaborating on projects that enhance accessibility to medical resources, I aim to align my professional journey with meaningful contributions to healthcare challenges. This connection between my work and broader societal impact will serve as a continuous source of motivation.



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)

Caroline Mbata

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. One valuable piece of feedback I received was to add more specificity to my elevator pitch. The suggestion was to include a brief example or anecdote that highlights a concrete situation where my skills or expertise can make a difference. This helps to make the pitch more engaging and memorable.
- B. Another insightful feedback was about adjusting the technical jargon. I realized that while technical details are crucial, it's essential to ensure that the pitch remains accessible to a non-technical audience. I refined some of the terminology to make it more straightforward and focused on emphasizing the practical outcomes of my work rather than the intricacies of the process.

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

I'm an experienced Cloud DevOps Engineer with over three years of dedicated experience in AWS. My expertise lies in the design, automation, and optimization of cloud infrastructures, with Terraform as my go-to Infrastructure as Code (IAC) tool. In addition to my cloud engineering skills, I'm proficient in scripting with both Python and Bash, enabling me to enhance automation and efficiency.

My career specialty is Cloud DevOps, and I'm dedicated to continuous improvement in this

field. I have a strong foundation in Kubernetes, Jenkins, Ansible, and Docker. I've refined my communication and interpersonal skills through my professional experiences, making me an effective collaborator in cross-functional teams.

If you need a Cloud DevOps Engineer committed to driving innovation, automating processes, and optimizing cloud environments while ensuring security and reliability, I'm well-prepared to contribute significantly to your organization.

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

[Learners Skills Tracker - ALX Foundations_Cohort 2](#)

Step 16: Reflect on the 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