



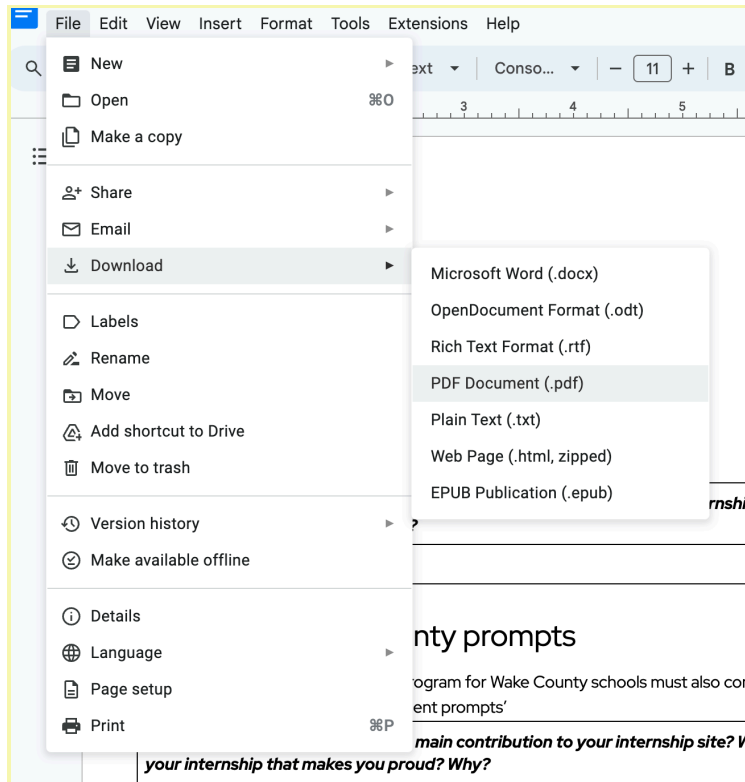
Day 3 journal entry

Prompt option 2: *What is one new skill or piece of knowledge you've gained this week? How do you see yourself applying this in the future?*

This week has been full of new knowledge. I've learned to push myself outside of my comfort zone and I've practiced being comfortable with being uncomfortable. Before this internship going up to a stranger and networking is something I would've never done

Contribute your reflection

1. Once you've filled out the above prompts, export this doc as a PDF. Note: make sure you rename the file to be in the format **[Firstname Lastname] Day 3 Journal Entry**



2. Now that you have a PDF of this week's reflections saved locally to your laptop, you should contribute the PDF to your personal GitHub dropbox area in [our shared repo](#).
Use the ['Journal entry contribution' cheat sheet here](#) to assist you and ask a GitHub coach for help if you need it!