

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: 10 hours
- B. 5 minutes of daily meditation. Amount of practice in the past month: 1hr 30mins
- C. 3 pages of daily morning pages. Amount of practice in the past month: 10hrs

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: 3
- C. Daily morning pages. Your Rating: 4

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:

I don't walk only on weekends.

B. Biggest block to a daily practice of meditation:

Noise, distractions.

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

Motivating myself.

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:

Go out more on weekends.

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

Try seeking out quiet places

C. One way to lessen the block to a daily practice of morning pages: Just start it, anyhow.

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: Telling myself if I don't do it, no one else will.
- B. I can personalize my meditation practice by: Meditation at the slightest chance I get.
- C. I can personalize my morning pages practice by: Taking books alongside me when I sleep and wake up.

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 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 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 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: Keep walking, exercising a lot helps us stay fit.

B. My commitment to Meditation for Month 3 is: I commit to meditating everyday as soon as I get the chance.

C. My commitment to Morning Pages for Month 3 is: Keep writing no matter how bad it is.

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? Putting it down in my journal.

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? Rewarding myself after achieving a set milestone, let's say a week.



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.

Jennifer Jasper

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

Wednesday, 8:30pm

C. Where did the session take place? Online (Whatsapp)

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

Yes, She will be checking up on me weekly to ascertain if I am following my set goals.

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

Yes, she will send me updates on her progress weekly.

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? It was an eye opening session, I loved every minute of it.



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 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)? AWS

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

More than 136,000.

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

1. Synergy Group:

<https://www.srgresearch.com/articles/q3-cloud-spending-up-over-11-billion-from-2021-despite-major-headwinds-google-increases-its-market-share>

2. <https://explodingtopics.com/blog/amazon-employees>

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

Aws Entry Level in the United States is \$47,831 a year

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

1. https://www.ziprecruiter.co.uk/?utm_source=ziprecruiter&utm_medium=search&utm_campaign=ziprecruiter&utm_term=aws+cloud+practitioner&utm_content=aws+cloud+practitioner

2. <https://www.coursera.org/articles/aws-cloud-practitioner-salary>

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

1. AWS Cloud Practitioner.

2. AWS Solutions Architect

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

1. https://aws.amazon.com/certification/?gclid=Cj0KCQiA2KitBhCIARIsAPPMEhJ1teiUKqzkZM7jkrcO0Owi8cwf-yMczKk8ISP068IGRK6A_iXRnXlaAqGiEALw_wcB&trk=bb34ae6f-5d1d-44c1-bb6e-acd0a6335c78&sc_channel=ps&ef_id=Cj0KCQiA2KitBhCIARIsAPPMEhJ1teiUKqzkZM7jkrcO0Owi8cwf-yMczKk8ISP068IGRK6A_iXRnXlaAqGiEALw_wcB:G:s&s_kwcid=AL!4422!3!653446744771!e!!g!!aws%20certification!19926464807!148637730718

2. <https://www.udemy.com/topic/amazon-aws/>

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

USD 2.19 billion.

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

1. <https://www.linkedin.com/pulse/aws-managed-services-market-reach-usd-219-billion-2028-anup-gupta/>
2. <https://www.fool.com/investing/2022/12/27/where-will-amazons-stock-be-in-5-years/>

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

1. Urban development.
2. Building capacity in communities to access large datasets in support of their local and national needs

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

1. <https://aws.amazon.com/blogs/publicsector/tag/urban-development/>
2. <https://aws.amazon.com/blogs/publicsector/achieving-sustainable-development-in-africa-with-open-data/>

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.)

To move ahead in my career, it is imperative I grow my knowledge exponentially also, and growing in my career also helps since I will also be able to make more money and achieve comfortability better.

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

Remind myself that poverty is at the door if I refuse to improve

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

Smart solutions/ driving initiatives that help students in my communities learn and grow.



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)

Jennifer Jasper

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. Be more concise and intentional.

B. You should be more professional.

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, my name is Ebenezer Peace and I am a technical support engineer with over Three (3) years experience working within various organizations and architecture.

I am a team member who loves collaboration and adapts quickly to changes in work structure. I also possess a strong background in computer science from The Federal Polytechnica Ado Ekiti.

I have completed certifications in Technical Support Process, Micosoft Office Tools to complement already existing technical and soft skills, analytical skills, and customer support skills. This has helped me to achieve low backlog, customer resolutions in record time and positive ratings.

I am currently open to jobs within the technical support space with a company that encourages growth, learning and team spirit.

I'd be thrilled if I get the opportunity to put my technical support skills to good use and help you resolve technical issues and/or complaints.

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/1JzYLoakjYTx2tFR4SGt7PDvU71yRee2VWzr7FuOW9og/edit?usp=sharing

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
<p>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): 3</p> <p>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): 3</p> <p>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</p>