**Week 9**

**Name:**

**Mobile:**

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| **Personal Development Workouts** |
| 1. Finish reading the next 50 pages of the book Atomic Habits by James Clear and prepare an audio note on each chapter. |
| *Write a short description about this task*  *"Atomic Habits" by James Clear is a popular self-help book that explores the science of habit formation and provides practical strategies for building and sustaining positive habits. Clear's central premise is that small, consistent changes in behavior, or "atomic habits," can lead to significant improvements in one's life over time. He breaks down the process of habit formation into four key steps: cue, craving, response, and reward, and explains how understanding and manipulating these steps can help individuals create lasting habits.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/1KfhQjmjbC-098Yhe3Va8VJ3t3noscLXw/view?usp=drive\_link*](https://drive.google.com/file/d/1KfhQjmjbC-098Yhe3Va8VJ3t3noscLXw/view?usp=drive_link) |

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| **Technical Workouts** |
| 1. Complete your project according to the instructions. |
| *Write a description about this task*  *Getting started with web development using Node.js, HTML, CSS, and MongoDB can be exhilarating. It's a creative process where i can bring your ideas to life on the web.Node.js is a powerful backend technology, but it can be complex. Asynchronous programming and concepts like callbacks and promises can be confusing initially. However, once understood, they enable efficient, non-blocking code.Web development often involves a lot of problem-solving. I encountered bugs and errors, but successfully troubleshooting them can be incredibly rewarding.* |

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| **Miscellaneous Workouts** |
| 1. Practice typing for at least one hour each day. Finish as many chapters as possible as you can. Don’t spend more than an hour each day. 2. Prepare a topic for the tech seminar. Record and upload it on youtube as an unlisted video. 3. Conduct a Feedback session by the end of this week. 4. Prepare your progress video for the last week. Record and upload it on youtube as an unlisted video. |
| *Write a short description about this task*  *Typing efficiently is essential for office work, academic assignments, and any task involving data entry or text composition. Fast and accurate typing can significantly boost productivity.Typing is the primary method of written communication in the digital era. It's used for emails, messaging apps, social media, and more. Being able to type quickly can help you express your thoughts and ideas more effectively.*  *Link to screenshot image* |
| *Write a short description about this task*  *Robotics is a multidisciplinary field that encompasses the design, construction, programming, and application of robots. Robots are autonomous or semi-autonomous machines that can perform tasks with varying degrees of complexity. They are equipped with sensors, actuators, and a control system that allows them to interact with their environment and carry out specific functions.* |
| *Link to the document containing notes for your feedback session*  [*https://docs.google.com/document/d/18sW05yguS7K3Kz6\_hVdNX\_baYhtniHCd/edit?usp=drive\_link&ouid=110162963215339088010&rtpof=true&sd=true*](https://docs.google.com/document/d/18sW05yguS7K3Kz6_hVdNX_baYhtniHCd/edit?usp=drive_link&ouid=110162963215339088010&rtpof=true&sd=true) |
| *Write a short description about this task*  *Improving communication is a valuable skill that can have a positive impact on personal and professional relationships. Feedback that acknowledges your ability to actively listen to others is a positive sign. This might include comments like, "You really understand what I'm saying," or "You're great at paying attention." Improving my leadership skills is a continuous journey that involves self-awareness, growth, and adapting to different situations. When your team or colleagues express confidence in your decision-making and trust your judgment, it's a sign that you are becoming a more effective leader. Positive feedback about your ability to communicate a clear vision, goals, and expectations to your team indicates improved leadership communication.*  *Link to your progress video* |