```python
# question 1
my_dict = {"a": 10, "b": 20, "c": 30}
total_sum = 0
for value in my_dict.values():
    total_sum += value  # Add each value to total_sum
print("The sum of all items in the dictionary is:", total_sum)

#question 2
rows = int(input("Enter the number of rows: "))
for i in range(1, rows + 1):
    # Inner loop for columns
    for j in range(i):
        print(i, end=" ")
    print()
```