

# 5 pts Questions (50 points)

1. What did I do to prepare for this week?  
= I went through preparation file i.e., discipline of this week which was on module.
2. What concept from this week are you uncertain of our would like to know more about?  
= I would like to know more how to control self and how to be self-discipline.
3. What topics were studied this week, and what are their definitions?  
= We learned about self-discipline i.e., an important trait to develop, no matter your career level or industry with some examples, its importance and how to develop it.
4. What phase of your projects did you complete?  
= There was no certain project, but we played blookey and did some classroom discussion.
5. Summarize this week's scenario?  
= In this fourth week, we learned the importance of the self-discipline and the way to build it.
6. What did I learn from the study material?  
= From this study material, I learned how making a bed is important and how we can do good in every sector by being discipline and its relation with teamwork

7. Why is this week's topic importance?  
= This week's topic is important because it teaches us about the self-discipline and its importance in every sector to build ourselves.
8. Where did you put your assignments in GitHub?  
= I put my assignment in my repository in the file name Technical\_teamwork\_reflection.
9. What did I learn from the study material?  
= From the study material of this week three I learned about self-discipline, moral discipline, its importance and the power of every small thing.
10. How did this week scenario relate to the week's topic?  
= In this week's we watched video of making bed, learned self-discipline, moral discipline and its importance which exactly is about the week topic, Discipline.

# 10 pts Questions (30 points)

1. Write a SMART goal for next week?  
= I have pointed some SMART goal for next week. I will complete the online course I am enrolled in. I will eat healthy food only and gallon of water a day. I will sleep before 10pm and wake up at 6 am. I will read 10 pages every day. I will take time of 2 hour every Saturday and Sunday for my career preparation. I will meditate 20 minutes every day and take a break from social media. I will finish my assignments before due dates.
2. What would you do differently next week?

= For next week I will certain things differently. I will start to make bed when I wake up. I will not use mobile phone and other things for one hour before and after bed. I will try to build a good relationship with people. I will start networking and will go to all the career fairs. I will keep my room clean. Moreover, I will reflect and improve from past experiences

3. What is the most significant take-a-way you have gained from your study this week?

= I have learned few important things from this week. After this week classes, I am starting to make my bed and clean my room. I am practicing the way to build a self-discipline and moral discipline. I learned how to impact by myself in my team and out project. I started to take an online class for self-improvement and to for my career preparation.

# 20 pts Question (20 points)

1. How do you plan on contributing to the teams, besides completing your tasks?

= The plan I have on contributing to the teams, besides completing tasks are below:

- I will collaborate with my teammates to know how I can contribute to them.
- I will ask the question to know more about any of the things which I am confused or can help to the team project.
- I will communicate with the team as more as possible.
- I will break down the project into defined tasks and also tell teammates to do this for more efficiency
- I will look my past mistakes and lesson I learned to reflect it in my present project.
- I will explain my own ideas which may be helpful.
- I will also listen to others carefully.

- I will be open and try to get to know other which could help to balance the work.