**Week 8**

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| **Personal Development Workouts** |
| 1. Finish reading the first 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*  *In Atomic Habits, James Clear emphasizes the power of small, consistent changes, explaining how habits compound over time to shape our lives. He introduces the concept of identity-based habits, encouraging us to focus on becoming the type of person we aspire to be, rather than solely chasing goals. Clear also outlines the Four Laws of Behavior Change—make it obvious, attractive, easy, and satisfying—to build good habits and break bad ones effectively.*  *Link to the folder containing your audio summary*  [*https://drive.google.com/file/d/17DRT0cixA1lBh3L02OwPAwk9MmwKk1ZT/view?usp=drive\_link*](https://drive.google.com/file/d/17DRT0cixA1lBh3L02OwPAwk9MmwKk1ZT/view?usp=drive_link) |
| **Technical Workouts** |
| 1. Complete your project according to the instructions. |
| *Write a description about this task* |
| **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*  *WritePracticing with TypingClub helps improve typing speed and accuracy through interactive lessons and real-time feedback. Its gamified approach keeps learning engaging, while progress tracking helps you set and achieve goals. Regular use can boost typing efficiency and reduce errors, enhancing both personal and professional productivity.*  *Link to screenshot image*  [*https://drive.google.com/file/d/1XOTmhhAkfwnaiKIorYpDz-1s9MLjwhiY/view?usp=drive\_link*](https://drive.google.com/file/d/1XOTmhhAkfwnaiKIorYpDz-1s9MLjwhiY/view?usp=drive_link) |

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| *Write a short description about this task*  *My seminar topic is 3.0 metaverse,* *Web 3.0 and the Metaverse are shaping the internet's future by introducing decentralization, user ownership, and immersive virtual experiences. Web 3.0 leverages blockchain technology for trustless interactions and data control, while the Metaverse creates shared digital spaces through VR and AR. Together, they enable innovations like decentralized finance, virtual commerce, and gaming. However, challenges such as privacy, energy consumption, and accessibility must be addressed for broader adoption.*  *Link to your seminar video*  <https://youtu.be/E7cASaMpxGA> |
| *Link to the document containing notes for your feedback session*  [*https://docs.google.com/document/d/1-L-JrM4tZw85tY5504hkTQYE9YMUxE3V/edit?usp=drive\_link&ouid=102031533190491389092&rtpof=true&sd=true*](https://docs.google.com/document/d/1-L-JrM4tZw85tY5504hkTQYE9YMUxE3V/edit?usp=drive_link&ouid=102031533190491389092&rtpof=true&sd=true) |
| *Write a short description about this task*  *The progress video task showcases your learning journey, highlighting achievements, challenges, and growth over time. It includes an introduction, key milestones, and project visuals like screen recordings or demos. This task helps track improvements, build communication skills, and serves as an excellent portfolio piece to demonstrate your development effectively.*  *Link to your progress video*  https://youtu.be/V2Drwxi4eWw |