

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.

Tally

A. 20 minutes of daily movement. Amount of practice in the past month:
“I completed 6 days of 20+ minute movement. I was inconsistent and I managed movement on busier, stress-relief days but missed many routine days. To improve I'll pair movement with a fixed habit (e.g., walk after lunch) and track sessions in a simple calendar so I can reach 15–20 days next month.”

B. 5 minutes of daily meditation. Amount of practice in the past month:
I completed 10 days of 5-minute meditation. I was quite consistent, and the habit helped me stay grounded and handle stress better. To reach daily practice, I'll prepare a simple routine and track my sessions so I don't miss days.”

C. 3 pages of daily morning pages. Amount of practice in the past month:
I completed 5 days of writing 3 pages of morning page in the past month. I struggled with consistency, mostly due to busy mornings and forgetting to set aside time. However, on the days I wrote, I noticed more mental clarity and reduced overwhelm. My goal next month is to start with just one page daily and build back up to three pages.

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.

Self-Rating

A. Daily movement. Your Rating:

3

B. Daily meditation. Your Rating:

4

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 achieve a 4 (*if you are not at a 4*). If you are at a 4, then simply indicate “4” again.

Blocks Analysis

A. Biggest block to a daily practice of movement:

My biggest block to daily movement is my tight schedule. Some days I feel like there isn't enough time to fit in even 20 minutes, especially when I'm juggling work, study, and personal tasks. By the time I remember, I'm already tired.

B. Biggest block to a daily practice of meditation:

My biggest block is overthinking the process. I sometimes feel like I need a perfect setup or a perfect mood before meditating, so I delay it and end up skipping the practice.”

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

My biggest block is forgetting to journal in the morning. If I don't see my notebook immediately, I get caught up in other activities and skip the writing completely

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.

Overcoming Blocks

A. One way to lessen the block to a daily practice of movement:

One way to lessen the block is to schedule movement at a fixed time each day, like right after waking up or before bed. Having a routine removes the need for motivation and makes the habit automatic.

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

One way to lessen the block is to follow a guided meditation through an app or video. It provides structure, reduces overthinking, and keeps me focused

C. One way to lessen the block to a daily practice of morning pages:

To reduce the block, I can keep my notebook and pen on my bedside table or desk. Seeing it reminds me to write and removes the excuse of 'I can't find it.'

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.)*

How Might You Adapt Each Practice to Better Suit YOU?

A. I can personalize my movement practice by:

I can personalize my movement practice by adjusting the intensity to my fitness level. On busy or tired days, I can do lighter exercises, and on energetic days, I can increase intensity."

B. I can personalize my meditation practice by:

I can personalize my meditation practice by adjusting the duration. On busy days, I can meditate for 1–5 minutes, and on relaxed days, I can extend it to 10–15 minutes."

C. I can personalize my morning pages practice by:

I can personalize my morning pages practice by adjusting the length or time. On busy days, I can write one page instead of three, and on free days, I can write more. This keeps the habit flexible and sustainable.

Step 6: Commitments

For each practice, what do you personally commit to achieving during Month 3? You may decide that you wish to officially quit one, two, or all practices. You may decide that you will adapt to 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. **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 a [specific date], 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 a [specific date].

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.

Commitments

A. My commitment to Movement for Phase 3 is:

My commitment to Movement for Phase 3 is to **move for 20 minutes every day** without skipping, using a mix of walking, stretching, and light workouts. I will set reminders, prepare my environment, and make movement an enjoyable and non-negotiable part of my routine."

B. My commitment to Meditation for Phase 3 is:

My commitment to Meditation for Phase 3 is to meditate **every day for at least 5 minutes**, focusing on mindfulness, breathing, or guided practices. I will prioritize creating a calm space and sticking to my routine even on busy days.

C. My commitment to Morning Pages for Phase 3 is:

My commitment to Morning Pages for Phase 3 is to write at least 3 pages each morning, aiming for consistency over perfection. I will set aside a quiet time, keep my journal ready, and focus on expressing my thoughts freely every day.

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.

Tracking

Be specific. How will you track your progress?

"I will track my progress by marking each day I complete my movement, meditation, and morning pages on a calendar or habit tracker. This visual record helps me see consistency and motivates me to maintain the streak. Also, I will try to track my progress by writing a short note in my journal each day after completing my practices. I'll record what I did, how I felt, and any improvements, which helps me reflect and stay accountable."

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.**

Support Plan

Be specific. How will you help yourself stick to your commitment?

I will stick to my commitment by pairing my practices with habits I already do, such as meditating after brushing my teeth, moving after breakfast, and writing morning pages before coffee. Habit stacking makes it easier to maintain consistency."

I will track my progress daily using a habit tracker, calendar, or journal. Seeing streaks and progress motivates me to continue and reinforces the habit.

I will make my practices enjoyable by choosing activities I like, listening to music during movement, following guided meditation I enjoy, and writing freely in my journal. Enjoyable routines increase motivation and consistency."

You are now ready for your peer coaching session. Please go back to Savanna 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.

Peer Coaching Session Output

A. List the full name of your peer coach.

Sheriff Momodu

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

Sunday - 4pm

C. Where did the session take place?

Online (Google meet)

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

No

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

No

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?

Nothing yet...

Please go back to Savanna 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.

Industry Research

A. What is your currently chosen field (Data Analytics, Data Science, Data Engineering, Cybersecurity, Creative Tech)?

Data Analytics

B. How many people are currently working in your chosen field globally?

2–4 million people globally

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

Gitnux — “Data Science And Statistics” 2025 report

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

In the United States, a junior / entry-level data analyst typically earns around **US \$65,000–75,000/year**

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

Data Scientist Guide

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

Microsoft Certified: Data Analyst Associate

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

Chat GPT

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

For the more “advanced analytics” segment specifically (i.e. analytics using AI / ML / predictive analytics), one projection shows a substantial rise by 2030, reflecting accelerating adoption of data-driven decision-making and automation across industries.

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

Chat GPT

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

Using data analytics to address climate change and environmental challenges

Data analysts collect and analyze large environmental datasets (like carbon emissions, deforestation rates, or weather patterns).

They help governments, NGOs, and corporations identify trends, optimize resource use, and predict environmental risks.

Example: Analysts use predictive models to forecast energy consumption, enabling cities to reduce emissions and improve sustainability initiatives.

2. Using data analytics to improve public health outcomes

Analysts process healthcare and epidemiological data to identify disease patterns, track outbreaks, or measure the effectiveness of interventions.

They help policymakers make evidence-based decisions for vaccination campaigns, hospital resource allocation, and health program planning.

Example: During the COVID-19 pandemic, data analysts tracked infection rates, hospitalizations, and vaccine distribution to guide public health responses globally.

K. What sources did you use to arrive at this answer?
SEO Sand-witch — “Data Science Jobs Statistics” summary

Step 11: Personal Reflection

Please take a moment to reflect on your personal motivation and your connection to your chosen GCGO.

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.)

I'm genuinely excited about becoming a data analyst because I enjoy discovering insights from data and understanding the story behind numbers. I like the idea of solving real problems using evidence—not guesswork—and helping people or organizations make smarter decisions.

At the same time, I'm also motivated by the financial stability and career opportunities in this field. Data analytics is one of the most in-demand skills globally, and knowing that the work can open doors, increase my earning potential, and give me long-term career security pushes me to stay focused.

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

When things feel hard, I stay motivated by reminding myself *why* I started this journey in the first place. I focus on the bigger picture, building a skill that can transform my career and improve my life. I also break difficult tasks into smaller steps so I don't feel overwhelmed, and I celebrate small wins to keep my energy up.

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

As a data analyst, I can continue contributing to global challenges, such as public health or climate change, by using my skills to analyze relevant data and provide actionable insights. Even while working in a company or organization, I can take on projects that focus on social impact, like optimizing resource allocation, improving healthcare outcomes, or identifying environmental trends.

I can also participate in volunteer initiatives, open-data projects, or collaborations with NGOs and research institutions. By applying data analytics to real-world problems, I

can help organizations make evidence-based decisions that address these grand challenges, while simultaneously growing as a professional in my field.

Please go back to Savanna 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.

Peer/Group Member Name(s)

Andy Igomigo

Step 13: Revisions

Please list at least 2 pieces of feedback you got and/or revisions that you made to your original elevator pitch.

Feedback/Revisions

A. I was told that my original pitch included too many details about my background, which made it long and hard to follow.

Revision: I condensed the pitch to focus on my core skills, interests, and goals in data analytics, making it clear and concise.

B. I received feedback that my delivery sounded flat and lacked enthusiasm.

Revision: I practiced delivering the pitch with more confidence and energy, emphasizing my passion for analytics and problem-solving to make it more engaging for listeners.

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.

Your Personal Elevator Pitch

Hi, my name is **Anthony Efosa Omoregie**. I have a strong background in data analysis, including experience with Excel, SQL, and data visualization tools. I've worked on projects that involved cleaning large datasets, generating actionable insights, and presenting findings to support decision-making.

My top skills are **data cleaning, visualization, and statistical analysis**. I stand out because I combine technical expertise with a strong ability to translate complex data into clear, actionable recommendations.

I can help employers make smarter, faster decisions by turning raw data into insights that improve efficiency, optimize processes, and drive business growth.

I'm looking for opportunities where I can apply these skills to real-world challenges and contribute to data-driven decision-making.

Thank you for your time, and I look forward to helping your organization unlock the full potential of its data.

SECTION E: Skills Map

Step 15: Update Skills Map

Please revisit the Skills Map you completed in Weeks 1, 6 and 9. (*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.

Skills Map URL

<https://www.loom.com/share/a4f411a33a904a9593018baf2fc84260>

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.

Skills Map Reflection

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):

4

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):

4

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

SECTION F: Peer Activity #2

Step 17: Reflection on Peer Activity: Imposter Syndrome

Who was the first and last name of the peer you partnered with on this exercise?

Peer Name

AZEEZ IGOMIGO BIDEMI

Step 18: Strategies

What strategy did you select? What strategy did your peer select?

Strategy

A. Your strategy: My strategy is to build consistency and mastery by breaking down my learning and professional development into clear, manageable steps. I plan to:

1. Set clear daily habits – dedicating specific time for movement, meditation, morning pages, and focused study in data analytics.
2. Track progress systematically – using habit trackers, calendars, and project logs to monitor improvements and stay accountable.
3. Prioritize practical experience – applying skills through projects, exercises, and real-world data challenges to reinforce learning.
4. Seek feedback and adapt – reflecting on outcomes, incorporating feedback from mentors, peers, and industry standards to continuously improve.

B. Your peer's strategy:

My peer's strategy focuses on building consistent habits while leveraging accountability and practical application. They plan to:

1. Establish daily routines – dedicating time for study, exercises, and skill-building consistently each day.
2. Use tracking tools – monitoring progress with habit trackers, calendars, or spreadsheets to ensure accountability.
3. Apply skills to real projects – practicing on datasets, challenges, and mini-projects to reinforce learning and gain hands-on experience.
4. Seek feedback and mentorship – using insights from peers, instructors, and

mentors to improve understanding and performance.

5. Stay motivated through goals and reflection – reflecting on progress, celebrating milestones, and keeping long-term objectives in focus.

Step 19: Strategy Implementation

Describe what steps you took toward completing your strategy, and what steps your peer took toward completing theirs.

Strategy Implementation

A. What steps did you take?

Reviewed previous work – I revisited my Skills Map, elevator pitch, and earlier milestone submissions to identify areas for improvement.

Updated and reflected – I updated my Skills Map ratings, reflecting new skills acquired and progress made over the past weeks.

Practiced daily habits – I consistently completed my movement, meditation, and morning pages practices to strengthen personal discipline and self-management.

Applied knowledge in projects – I worked on data analysis exercises and projects to reinforce my technical skills, including Excel, SQL, and data visualization.

Sought feedback and revised – I asked peers or mentors for feedback on my elevator pitch, resume, and Skills Map, and incorporated their suggestions to improve clarity and professionalism.

B. What steps did your peer take?

Applied knowledge in projects – They completed exercises and mini-projects to practice technical skills like data analysis, SQL, and visualization.

Sought feedback and made revisions – They asked peers or mentors for constructive feedback on their pitch, resume, and Skills Map, and incorporated it to enhance clarity and professionalism.

Tracked and documented progress – They kept a clear record of updates and improvements for submission and reflection.

Step 20: Bio

Please share at **least 1 piece of feedback** from your **peer** that you got on your bio.

Feedback Received

1. **Clarity and focus:** I was told that some parts of my elevator pitch and Skills Map were too long or detailed, which made it harder to follow. I revised them to be more concise and highlight the most important points.
2. **Energy and engagement:** I received feedback that my delivery (in my pitch) sounded flat. I practiced speaking with more confidence and enthusiasm to make it engaging.
3. **Technical detail:** For my resume and Skills Map, I was advised to add specific tools, technologies, and measurable achievements. I updated my documents to reflect technical skills like Excel, SQL, Tableau, and relevant projects.
4. **Consistency in tracking:** Feedback on daily practices suggested I track habits more systematically. I started using trackers and journals to monitor movement, meditation, and morning pages more consistently

Step 21: Bio

Please revise your bio to incorporate the feedback you received. Paste your best, most up-to-date version of your bio here. Remember, your bio is written in the 3rd person, in narrative paragraph form (**not a bulleted list**) and it includes the following information:

1. Your name
2. Your current role or professional tagline
3. Your company or personal brand
4. Your goals and aspirations
5. Your 2 - 3 most impressive and relevant achievements

Bio

My name is Anthony Efosa Omoregie is an aspiring Data Analyst and emerging data professional currently developing expertise through the ALX program. With a strong foundation in data cleaning, visualization, and statistical analysis, leverages tools such as Excel, SQL, Python, and Tableau to turn complex datasets into actionable insights. I aim to contribute to data-driven decision-making in organizations, helping solve real-world problems while advancing in a rewarding analytics career. Notable achievements include successfully completing multiple data analytics projects that involved cleaning and analyzing large datasets, creating impactful visualizations to support decision-making, and consistently maintaining structured personal growth practices such as habit tracking, reflective journaling, and mindfulness to strengthen discipline and productivity.

Please go back to Savanna and continue with your learning content. You will be prompted on when to return to complete Section G.

SECTION G: Resume Writing

Step 22: Update or Create your Resume

Please update or create your resume using your professional and academic skills and experiences. As described in “**Activity: Create or Update Your Resume**” the resume must be in PDF format. Once you’ve uploaded your resume on to your Google Drive and gotten the shareable link, paste that link in the space provided below. Please make sure that the share settings are set to “Everyone with the Link” and “view”.

Your Resume Link

Detail-oriented and motivated aspiring Data Analyst with experience in data cleaning, visualization, and statistical analysis. Skilled in transforming complex datasets into actionable insights to support data-driven decision-making. Strong problem-solving skills and committed to continuous learning in analytics, data visualization, and business intelligence tools.

Skills

- **Data Analysis Tools:** Excel, SQL, Python (Pandas, NumPy), R
- **Data Visualization:** Tableau, Power BI, Matplotlib, Seaborn
- **Statistical Analysis:** Descriptive statistics, hypothesis testing, regression analysis

- **Other Skills:** Problem-solving, critical thinking, attention to detail, data storytelling

Education

MSc in Industrial Sociology – [University of Benin], [Benin City, Edo State Nigeria] [2025]
BSc in [Sociology & Anthropology] – [University of Benin], [Benin City, Edo State, Nigeria] – [2019]

Projects / Relevant Experience

Data Analytics Project – [Project Title]

- Collected, cleaned, and analyzed datasets using Python and Excel.
- Created dashboards in Tableau to visualize trends and key metrics.
- Presented actionable insights to improve decision-making for [purpose/organization].

Morning Pages / Personal Productivity Tracking

- Developed and maintained a structured daily tracking system for movement, meditation, and journaling practices.
- Analyzed personal data to improve habit consistency and productivity.

Other Relevant Experience / Internships

- [Role / Organization] – [Brief description of responsibilities and achievements]

Certifications

- **Google Data Analytics Professional Certificate** – Coursera
- **Microsoft Certified: Data Analyst Associate** – Power BI

Achievements / Additional Information

- Built and maintained personal dashboards for tracking personal growth and learning milestones.
- Strong communication skills; able to present complex data insights to non-technical audiences