



Week 10 Milestone Worksheet

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:

15 times

B. 5 minutes of daily meditation. Amount of practice in the past month:

20 times

C. 3 pages of daily morning pages. Amount of practice in the past month:

10 times

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*.

<u>Self-Rating</u>
A. Daily movement. Your Rating: 3
B. Daily meditation. Your Rating: 4
C. Daily morning pages. Your Rating: 2

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.

<u>Blocks Analysis</u>
A. Biggest block to a daily practice of movement: Lack of motivation and time management, especially on busy workdays.
B. Biggest block to a daily practice of meditation: 4
C. Biggest block to a daily practice of morning pages: Difficulty establishing a consistent routine and lack of morning time.

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:

Set a specific time in the evening dedicated to movement, even if it's just a quick walk or stretching.

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

4

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

Prepare the notebook and pen the night before and aim to write just one page if time is limited.

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:

Incorporating fun activities like dancing or short outdoor walks with music instead of traditional workouts.

B. I can personalize my meditation practice by:

Including guided meditations focused on gratitude or self-compassion, rather than just silent sitting.

C. I can personalize my morning pages practice by:

Writing in bullet journal format to keep it short and engaging, and adding small sketches or doodles for creativity.

Step 6: Commitments

For each practice, what do you personally commit to achieving during Month 3– that is, from now until 20 August? You may decide that you wish to officially quit one, two, or all practices. You may decide that you will adapt 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 (until 20 August). **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 20 August, 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 20 August.

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:

I commit to moving for at least 20 minutes every day, whether it's dancing, stretching, or walking outside. I will do this in the morning right after waking up to set a positive tone for the day. I aim to practice this at least 20 times until 20 August.

B. My commitment to Meditation for Phase 3 is:

I commit to meditating for 5 minutes every evening before bed, using a calming music playlist or guided meditation. I aim to complete at least 15

sessions by 20 August.

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

I commit to writing 2 pages of thoughts or reflections at least three times a week, preferably in the morning with a cup of tea. This will amount to around 12 entries before 20 August.

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 using the Streaks habit-tracking app, where I will log each completed session daily. I will also maintain a simple Google Sheet to record the type of movement, meditation technique used, and morning pages entry.

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?

To help myself stick to my commitment, I will:

1. Set reminders on my phone for each practice.
2. Share my progress with a friend as an accountability buddy.
3. Treat myself to a small reward (like a movie night) if I complete at least 80% of my commitments by the end of the month.



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.

Ayanaw Mengesha

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

March 23, 2025, at 3:00 PM

C. Where did the session take place?

Online via Zoom

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

Yes, I asked my peer to check in with me once a week to see if I've met my movement, meditation, and morning pages goals. This helps me stay motivated and consistent.

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

Yes, Alex asked me to remind them about their own meditation practice every Monday to help build a consistent routine.

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?

The session was really encouraging and insightful. We shared tips on overcoming procrastination and discussed how to make our practices more enjoyable and sustainable.



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 (AWS, Salesforce, Data Science, Data Analytics, or Software Engineering)?

Software Engineering

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

Approximately 27 million software developers worldwide.

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

[SlashData Developer Economics Report](#)

[Statista – Number of Software Developers Worldwide](#)

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

The average pay for an entry-level software engineer in the US is around \$70,000 to \$90,000 per year.

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

[Glassdoor – Software Engineer Salaries](#)

[Indeed – Software Engineer Salaries](#)

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

Oracle Certified Professional: Java SE Developer

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

[Oracle Certification Program](#)

[Coursera – Java Programming and Software Engineering Fundamentals](#)

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

The software engineering field is projected to grow by 25% between 2025 and 2030.

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

[U.S. Bureau of Labor Statistics](#)

[Statista – Software Developer Employment Projections](#)

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

Building accessible and inclusive applications for users with disabilities.

Developing AI-driven solutions to combat climate change by analyzing environmental data and optimizing resource usage.

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

[World Economic Forum - Technology for Good](#)

[UNESCO - AI for Climate Change](#)

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 am motivated by the creative and problem-solving aspects of software engineering. I love building applications that can make life easier for people, and I am passionate about learning new technologies. Additionally, the financial stability and high demand for software engineers make this field appealing to me.

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

I will break down challenging concepts into smaller, manageable parts and tackle them one at a time. I'll also remind myself of my long-term goals and why I chose this field in the first place. Connecting with peers and seeking help when needed will also keep me motivated.

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

I plan to develop applications that promote social inclusion and accessibility. Additionally, I would like to participate in open-source projects focused on environmental sustainability and community-driven solutions.



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.

<u>Peer/Group Member Name(s)</u>
Ayanaw Mengesha
Mesud Melaku

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 advised to make my introduction more engaging by adding a brief personal statement.

- B.** I was encouraged to emphasize my unique problem-solving approach to stand out more.

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

Hello, my name is Binyam Cheru, and I am a passionate and dedicated software engineer with a strong background in developing high-performance applications. I have experience in mobile app development using Kotlin and Android, as well as expertise in integrating cloud-based solutions with Firebase and Firestore.

My top three skills include problem-solving, attention to detail, and the ability to learn new technologies quickly. I stand out because of my commitment to creating efficient, user-friendly applications that solve real-world problems while delivering excellent user experiences.

I am confident that my ability to rapidly prototype and implement scalable solutions will add significant value to your team by saving time and streamlining processes. I am looking for opportunities to leverage my skills in a dynamic environment where I can continue to grow and make a positive impact.

If you are looking for a motivated and skilled developer who can help drive your projects forward, I would love to discuss how I can contribute to your success.

Thank you for your time, and I look forward to connecting with you!

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.

<u>Skills Map URL</u>

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):

Rating: 4 (Huge amount of effort)

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):

Rating: 4 (Extremely satisfied)

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.):

Rating: 4 (Completely agree)

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

Ayanaw Mengesha

Step 18: Strategies

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

<u>Strategy</u>
A. Your strategy: Positive Self-Affirmation and Reflective Journaling
B. Your peer's strategy: Seeking Feedback from Mentors and Peers

Step 19: Strategy Implementation

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

<u>Strategy Implementation</u>
A. What steps did you take? Practiced daily positive affirmations to build confidence. Kept a reflective journal to track progress and challenges. Regularly reviewed my accomplishments to boost self-esteem.
B. What steps did your peer take? Actively sought feedback from mentors and peers after completing tasks. Participated in peer discussions to gain perspective on their progress.

Implemented suggestions from feedback to improve skills and performance.

Step 20: Bio

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

Feedback Received

My peer suggested adding more personal anecdotes to my bio to make it more relatable and engaging.

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

Binyam Cheru is a passionate and driven software developer, dedicated to making a positive impact through innovative solutions and continuous learning. Currently associated with Binyam technologies, Binyam is committed to leveraging technology to solve real-world challenges.

With a strong background in software engineering, Binyam has successfully completed several projects, including building a dynamic quiz app with offline functionality. Known for a keen attention to detail and a solution-oriented mindset, Binyam consistently strives to enhance skills and stay ahead in the ever-evolving tech landscape.

Driven by a passion for professional growth and a desire to make a difference, Binyam aims to continue developing cutting-edge applications that benefit users and communities alike. Binyam's ultimate goal is to become a leader in the field, inspiring others through dedication, perseverance, and a commitment to excellence.



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”.

<u>Your Resume Link</u>

Once you have completed this worksheet:

1. Export/convert to .pdf.
 2. Rename it per the instructions.
 3. Upload to Savanna as your Milestone 10 Submission.
 - 4. Celebrate a job well done!**
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