



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 was very consistent with movement this month. I ran 5 km about 3 times per week (roughly 12 runs in the past month), and on the other 4 days I did 30 minutes of workout at home. This means I practiced movement essentially every day of the month.

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

While I did not practice traditional meditation, I prayed 5 times daily throughout the entire month, which served as my form of meditation and reflection.

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

I did not practice morning pages this month.

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:

4

B. Daily meditation. Your Rating:

4

C. Daily morning pages. Your Rating:

1

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:

4

B. Biggest block to a daily practice of meditation:

4

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

The biggest challenge is waking up earlier. I haven't been able to start my day early enough to fit in writing 3 pages each morning.

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:

4

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:

Ideas to improve: write at night instead of morning, start with just 1 page, set an alarm 15 minutes earlier, keep a notebook by the bed.

Specific thing to lessen the block: Start by writing 1 page before bed so I don't have to wake up earlier.

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:

Ideas to adapt: run different routes, do home workouts with music, try bodyweight circuits, alternate cardio and strength training.

Specific adaptation: Mix running days with home workouts that include strength and stretching, so movement stays varied and enjoyable.

B. I can personalize my meditation practice by:

4

C. I can personalize my morning pages practice by:

- Ideas to adapt: write at night instead of morning, do bullet journaling, write just 1 page instead of 3, record voice notes instead of writing.
- Specific adaptation: Write 1 page at night instead of 3 in the morning, so it fits my schedule without needing to wake up earlier.

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.**

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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:

I commit to running 5 km three times per week and doing 30 minutes of home workouts on the other days, keeping a consistent daily movement routine.

B. My commitment to Meditation for Phase 3 is:

I commit to using my 5 daily prayers as my form of meditation, and I may add a few minutes of deep breathing or mindful reflection after prayers when I have extra time.

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

I commit to writing 1 page of journaling at night, instead of 3 pages in the morning, so I can maintain the habit without needing to wake up earlier.

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 use an app

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?

For Phase 3, I commit to daily movement by running 5 km three times per week and doing 30-minute home workouts on the other days, using my 5 daily prayers as meditation, and writing 1 page of journaling at night instead of morning pages. To help myself stick to these commitments, I will schedule my workouts consistently, focus fully during prayers, and keep a notebook by my bed with a nightly reminder until these habits become routine.



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.**

TARIK LAHMAM

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

5 September 2025, 3:00 PM

- C. Where did the session take place?**

Online via WhatsApp video call

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

Yes. I asked my peer to follow up with me on my project deadlines and provide feedback.

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

Yes. My peer asked me to check in with him weekly to ensure progress on his milestones.

F. On a scale of 1-4, how valuable did you find the peer coaching session? (1= not at all valuable, 4= extremely valuable)

3

G. Is there anything else you would like us to know about your peer coaching session?

The session was helpful because it allowed me to clarify my goals, discuss challenges, and create specific strategies to maintain my habits in Phase 3.



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, Software Engineering or Creative Tech)?

Software Engineering

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

~47 million developers worldwide, many of whom are software engineers

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

SlashData, SpringsApps

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

~\$104,863/year in the US

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

ZipRecruiter

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

AWS Certified Developer – Associate

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

AWS Certification website

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

17% growth from 2023–2033 (~327,900 new jobs)

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

Lemon.io

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

Climate Change: Build apps to monitor environmental data and optimize energy use

Healthcare Accessibility: Develop telemedicine platforms and electronic health records

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

Sources: Medium, various tech articles

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 to become a software engineer because I enjoy solving problems, building systems, and creating applications that can make processes more efficient. I am also motivated by the career opportunities and earning potential in this field, which allow me to support myself and contribute to meaningful projects.

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

I will stay motivated by focusing on my long-term goals, breaking challenges into smaller tasks, and reminding myself of the real-world impact of the skills I am learning. I will also track my progress and celebrate small wins to maintain momentum.

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

I can contribute to improving infrastructure by developing software tools that optimize transportation systems, urban planning, or energy management, helping communities have safer, more efficient, and sustainable infrastructure. I can also participate in projects that digitize or automate infrastructure management, making it more reliable and accessible.



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)

TARIK LAHMAM

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. Feedback: Make the pitch shorter and more concise to fit within 30–45 seconds.

Revision: I condensed some of the background details and combined sentences to make it quicker to deliver.

B. Feedback: Highlight the value I bring to the employer more clearly.

Revision: I added a sentence emphasizing how I can improve system operations, develop reliable solutions, and ensure projects run smoothly.

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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 El Attar Nouh. I have over 4 years of experience as a UAV Maintenance Technician in the military, maintaining drones like Wander-B and Thunder-B. I also have experience training and mentoring drone technicians, and a strong academic foundation in Automation & Instrumentation. Additionally, I hold a UAV certification from Blue Bird Company, which validates my advanced technical skills in drone operations and maintenance.

My top skills are technical troubleshooting, operating and maintaining UAV systems, and mentoring teams. I stand out because I combine hands-on technical expertise with the ability to teach and improve team efficiency.

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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://docs.google.com/spreadsheets/d/1QanYkjgPpw8bLDIHasqCtQs03MeUaslpvdgd_zCm1Ys/edit?usp=sharing

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):**

3

- 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):**

3

- 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?

<u>Peer Name</u>
TARIK LAHMAM

Step 18: Strategies

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

Strategy

A. Your strategy:

Before taking on challenging tasks, remind myself of past successes and certifications, write down my qualifications, and take deep breaths to center myself.

B. Your peer's strategy:

Practice self-compassion and positive self-talk to reduce imposter feelings.

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?

- I listed my past achievements and certifications, including my UAV certification from Blue Bird Company.
- I practiced positive self-talk, flipping negative thoughts into confident statements.
- I took deep breaths and mentally prepared myself to share my story of imposter syndrome with my peer.

B. What steps did your peer take?

kept a journal of small wins every day for two weeks and reminded myself of positive feedback from peers.

Step 20: Bio

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

Feedback Received

My peer, TARIK LAHMAM, suggested that I emphasize my UAV certification from Blue Bird Company more prominently in my bio to highlight my technical qualifications and make it stand out to employers.

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

El Attar Nouh is a UAV Maintenance Technician and Instructor with over 4 years of military experience maintaining drones such as Wander-B and Thunder-B. He holds a Diploma in Automation & Instrumentation and a UAV certification from Blue Bird Company. Nouh has trained multiple drone technicians, ensuring operational readiness and high team performance. He aspires to grow into technical or software-related roles in UAVs and automation, combining his practical experience with advanced technical skills.

Improvement Tip: Emphasize certifications and achievements clearly and shorten sentences for smoother readability.



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

<https://docs.google.com/document/d/1jpDZ91XEaQw8lIce6GIc8IN5VHHmiYKRg4-HDUWrWls/edit?usp=sharing>

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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