First add the file to your local folder (my computer) using terminal:

three step process to commit (upload) your local changes to github:

Make sure you’re in the folder that you made changes to

1. add the files:

git add <name\_of\_changed\_file>  
you can also do this to add all the changed files  
git add .

2. commit the files:

**New**

[6:23](https://codergirlkcoct2021.slack.com/archives/D02HRNQLCP3/p1638750239003000)

git commit -m "commit message describing the changes you're making"

-m stands for message, make sure to wrap the message in quotes “”

3. push the files:  
git push