

# ALX Foundations: Milestone # 9 Worksheet

## SECTION A: Your Professional Brand

### Your Elevator Pitch

Please review the content and activities laid out in the module titled “Career Skills - Personal Branding”. From those activities, write out your finalized (after peer feedback) elevator pitch in the space below:

#### Your Elevator Pitch

Hello, I'm Hashim. My journey into software development has been driven by resilience and a genuine passion for technology. Despite facing financial challenges that interrupted my pursuit of Pharmacy, I've transitioned to software development with a strong foundation in web development. I've honed my skills through online courses and hands-on projects, particularly in Python, React.js, and Django. My diverse background equips me with a unique blend of skills, and I'm eager to leverage these to contribute to innovative solutions in software development. As someone driven by curiosity and growth, I'm excited about the prospect of applying my skills to real-world challenges and making a meaningful impact in the tech industry. I'm seeking opportunities where I can further develop my skills and collaborate with like-minded professionals to create cutting-edge solutions that drive positive change.

### Step 2: Your Professional Bio

Please review the content and activities laid out in the module titled “Career Skills - Personal Branding”. From those activities, write out your finalized (after peer feedback) professional bio in the space below:

#### Step 2: Your Professional Bio

Professional Bio:

Name: Hashim Aziz Muhammad

Professional Tagline: Software and Web Development | Driving Innovation

Goals and Aspirations: Eager to broaden my skill set and contribute to the development of innovative solutions in software development. Passionate about leveraging technology to drive positive change and make a meaningful impact in the industry.

Achievements:

1. Successfully transitioned from pursuing a Pharmacy degree to software development, showcasing adaptability and determination.
2. Completed Full Stack Web Development Bootcamp, mastering essential technologies like JavaScript, React.js, and Express.js.
3. Developed a strong foundation in web development through self-directed learning and hands-on projects.

Skills:

- Python (Programming Language)
- React.js
- Django
- Full-Stack Development
- Git
- Back-End Web Development
- Express.js
- MongoDB
- Web Development

## SECTION B: Your LinkedIn Profile

### Your LinkedIn Link

Please review the content and activities laid out in the module titled “LinkedIn Profile”. From those activities, you will be setting up and completing your LinkedIn profile to include at least the following:

- Upload your photo
- Customize your public profile URL
- Setup Your LinkedIn "About" Section
- Enhance your profile with additional sections
- Elaborate on your work history in your "Experience" section
- Details of your Education and projects
- Customize your "Skills and Endorsements"
- Recommendations (Optional)

Once your LinkedIn profile is ready, get the profile link, and paste it in the space provided below. Also, please make sure that you’ve shared your profile link through [this survey](#) as well!

Your LinkedIn Profile Link
<a href="#">LinkedIn</a> <a href="https://www.linkedin.com/in/hashimaziz88/">https://www.linkedin.com/in/hashimaziz88/</a>

## SECTION C: Your Resume


### Your Resume Link

Please review the content and activities laid out in the module titled “Your Resume”. From those activities, you will be creating and updating your resume. Your resume must be on one of the templates shared and follow the formatting rules shared in the module. In addition, the resume must include the following:

- Your name and contact details
- A summary
- Work experience
- Education background
- [Optional] Your volunteering experience

Once your resume is ready, save it as a PDF, and upload it to your drive. Get the uploaded PDF document's shareable link. Make sure the share settings are set to "anyone with the link" can "view". Paste the link in the space provided below.

#### Your Resume Link

 Resume-Hashim-Aziz-Muhammad.pdf



Before moving forward, we have another request. Please **update your LinkedIn Profile and Resume, from Sections B and C, on The Portal** to complete your professional profile there as well. It will increase your chances of standing out to our partners when they go through the network looking for the right talent.

## SECTION D: 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.

#### Step 1: Tally

- A. 20 minutes of daily movement. Amount of practice in the past month:
- B. 5 minutes of daily meditation. Amount of practice in the past month:
- C. 3 pages of daily morning pages. Amount of practice in the past 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.

### **Step 2: Self-Rating**

- A. Daily movement. Your Rating: 4**
- 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 achieving a 4 (if you are not at a 4). If you are at a 4, then simply indicate "4" again.

### **Step 3: 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: I do not enjoy writing much and i feel i lack the motivation**

### **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.

### **Step 4: 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:**

Start small: Instead of committing to a full page of morning pages, start with just a few sentences or bullet points. This can make the practice feel less daunting and more achievable. Gradually increase the length as you become more comfortable with the practice.

## 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.)

### Step 5: How Might You Adapt Each Practice to Better Suit YOU?

**A. I can personalize my movement practice by:**

4

**B. I can personalize my meditation practice by:**

4

**C. I can personalize my morning pages practice by:**

- Trying different formats: Instead of traditional long-form writing, explore alternative formats such as bullet journaling, drawing, or mind mapping. Experimenting with different styles can help find a format that feels more

enjoyable and engaging.

## Step 6: Commitments

For each practice, what do you personally commit to achieving moving forward? You may decide that you wish to officially quit one, two, or all practices. You may decide that you will adapt them to your liking, 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 moving forward, for a total of 16 workouts every month. 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 14 times each month.*

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.*

### Step 6: Commitments

**A. My commitment to Movement for Month 3 is:**

I commit to engaging in physical activity for at least 30 minutes every weekday morning before starting my day. This will include a combination of brisk walking, stretching, and bodyweight exercises. Additionally, I commit to taking a longer walk or engaging in a more intense workout for at least 60 minutes on weekends. Overall, I aim to complete 20 sessions of physical activity throughout the month.

**B. My commitment to Meditation for Month 3 is:**

I commit to practicing meditation for 10 minutes each evening before bed. I will create a calming environment by dimming the lights, lighting a candle, and playing soft music. I will do this every day without fail, totaling 30 meditation sessions for the month.

**C. My commitment to Morning Pages for Month 3 is:**

I commit to writing at least one page in my journal every morning before starting work. I will set aside 15 minutes each morning to reflect, brainstorm, and jot down my thoughts and ideas. This will be a daily practice, resulting in 30 morning pages by the end of the month.

## 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](#).

### Step 7: Tracking

**Be specific. How will you track your progress?**

I will track my progress using a habit-tracking app on my smartphone. I will input my daily activities for movement, meditation, and morning pages, ensuring I stay



accountable and consistent throughout the month.

### 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.

#### Step 8: Support Plan

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

To help myself stick to my commitment, I will set reminders on my phone for each activity. Additionally, I will enlist the support of a friend or family member to check in with me regularly and provide encouragement. As a reward for reaching my goals, I will treat myself to a relaxing spa day at the end of the month.

## SECTION E: Skills Map

### Step 1: Update Skills Map

Please revisit the Skills Map you last updated in Week 5. (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.

#### Step 15: Skills Map URL

 Hashim Foundations Skills Tracker

## Steps 2: 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.

### Step 16: 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**