Individual Retrospective

* What did you do well and needs to be continued next week?
* What did you learn?
* What still puzzles you?
* What progress have you made in achieving your OKRs?

Write a short retrospective (100-200 words) on your learning and performance this sprint.

* Week 3:

What went well:

* + Staying on schedule: I caught up on all the assignments, last week I was about 2 days behind on the average of the class I think.
  + Participation: I asked a lot of questions at the Q&A’s and I suggested a possible improvement.
  + OKRs: I started putting my OKRs to practice; meditation, “exercise” (cycling) and listening to the audio book Atomic Habits.

What did not go so well:

* + Concentration: my focus was extremely bad this week. I did not spend a lot of hours coding. One of the things that might help is if we have longer uninterrupted periods of time to work on our assignments.
  + Well-being: I did not feel well this week. That also explains why I couldn’t focus on my work. I hope meditation and exercise will help.