GH 🌱 Week 3 ⏳ Oct 13-Oct 19 📌

- GitHub activity (12/290)
- Book
  - ☑ Little book investment -> 50% is done
- Class attended
  - ☑ Python (Monday)
  - ☑ CS & Industrial Algorithms (Monday)
  - Mentorship - NO! (had emergency bridge at work)
  - ☑Saturday (2 classes)
- Recordings Watched
  - Python
    - ☑ lesson 3-4
  - CS&Programming
    - ☑ lesson 3-4
  - Discrete Math & ALGOs
    - ☑ lesson 2

☐ Home Work
  - Python
    - ☑ Week3
    - Week 4 is in progress
  - CS&Programming
    - ☑ Week3
    - Week 4 is in progress
  - Discrete Math & ALGOs
    - ☐ Week1 and Week2 - still in progress

Feedback to GH academy

I appreciate the structure of learning and how every class is interconnected.
It gives a bigger picture of how the skillset with mindset we are building here would elevate our professional success in big tech.

Study Buddy Sessions:

Our group set up recurring 2 hour study sessions.
We are using Pomodoro study method to keep deep focus and have meaningful breaks.

Habits for long-term cumulative effect:

- Past 7 days I had ==extra 1,5-2 hours== daily by ==waking up at 6:40am== instead of 8:40am.
  - To successfully fall asleep at 10:30 pm and to have continuous, deep, restorative sleep I added below actions to my bed-time routine:
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      1. ==No food after 7:30 pm==
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      2. ==Screen time off starting 9pm== followed by ==10 minute walk outside==
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      3. ==Switch nervous system to parasympathetic== via ==breath== and ==movement==:
         - **Breathing exercises:**
           - Ujjayi Breath - 3 mins
           - 4 - 7 - 8 Breath - 10 mins
         - **Movements/Poses:**
           - Functional feet exercise (5 mins each foot)
           - The Fukutsuji Method stretch for waist and chest (5 each zone)
           - Supine twist (Supta Matsyendrasana) (3 mins each side)
           - Child's pose (Balasana) (5 mins)
           - Neck stretch/Scalp massage/Jaw tension release
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      4. Body-scan meditation in the bed (10 minutes)
- Listened to [Part One: How We Got To NOW](https://www.thelongtimeacademy.com/about) of the Long Term Academy podcast - https://www.thelongtimeacademy.com/about