10 - A smart goal I have for next week is to be ten minutes early to class on monday and wednesday.

5 - Something important I took away from the materials from this week was about imposter syndrome. That is something that has affected me a lot since coming up here, thinking that for some reason, everyone else around me knows infinitely more about coding and computer science than me. I need to start putting my all into my field not being scared about my knowledge but rather focusing on my effort.

5 - I put my assignments into my technical teamwork repository in git hub

10 - Something that I want to do differently next week is to stop beating myself up about stuff in the past and just simply addressing the problems directly that linger and seeing what can be done about them.

10 - My biggest takeaway from this week is that basically everyone who works at these prestigious computer science companies was in my shoes at some point and that choosing a mind set that will be beneficial to you is super important. Changing my mindset will help the most overall.

20 - Something I took away that is very important for teamwork is setting goals that are realistic to avoid imposter syndrome. Often this semester i've set such high goals for work that are not realistic and the thought of taking on that much work is so daunting its difficult to start it in the first place, and of course I completely beat my self up over it when I don't reach the goal. This is bad for everybody in a team and completely negatively effects everybody in it.

20 - Relating this to the gospel, some people who try their best to be as close to jesus christ as possible, set such a high bar that can never be passed. This mostly just leads them to beating themselves up about not being as good as christ and is not as effective as simply striving to be their best selves following in the footsteps of christ.

20 - I can relate this to a very recent experience i've had. I told myself that I was going to finish a ton of missing assignments all in one night. In reality it probably was the equivalent of 8 hours of hard work on my part and I never even started. I felt like such a failure but the prospect of the stress I was going to experience was scary so I didn't even feel like starting. I really need to start setting more realistic goals for myself to create a positive feedback loop rather than always not feeling good enough.