

## ● ALX Foundations: Milestone 3 Worksheet

**Instructions:** Provide responses to all items in the orange boxes. The worksheet consists of Sections A-E. Work on this worksheet one section at a time throughout your week, and return to Canvas after each section for the next set of content and further instructions.

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### SECTION A: Problem Statement

#### Step 1: Your GCGO

Which Grand Challenge or Great Opportunity (GCGO) do you want to play a part in addressing? (Pick one.)

As a reminder, the GCGOs are:

- Urbanization
- Education
- Infrastructure
- Healthcare
- Climate change
- Governance
- Job creation
- Agriculture
- Natural resources
- Arts, culture, and design
- Tourism
- Empowerment of women
- Regional integration
- Wildlife conservation

GCGO:  
Art;culture and design

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## Step 2: Describe Your Problem

You are going to take a first pass at briefly describing your chosen problem. This can be any problem that speaks to you, as long as it is a real-life occurrence that is clearly linked to your chosen GCGO, that occurs in a certain place and for certain people (and/or animals), and that it can be clearly defined.

For example, if you chose wildlife conservation as your GCGO, you might first state your chosen problem as:

*There are very few white rhinos left in Kenya and they are in danger of going extinct.*

Another example, if you choose infrastructure as your GCGO:

*Residents of major cities in South Africa endure prolonged periods without electricity, significantly hampering their ability to generate income.*

Note that this is just your first attempt stating the problem, and you don't need to quantify the problem yet. In order to get to your official problem statement (which does need to be quantifiable) first answer the following questions. The more specific your answers, the better. You may also ask Google, Wikipedia, , ChatGPT, and/or other reliable online sources to help you. Please be sure to cite (give credit to) any sources that you use.

Describe your problem using What/Who/When/Where/Why/How....

1. **What** is the problem? What is reality like because of this problem? What will reality be like if the problem continues?

*Globalization and Western Influence: This poses a challenge to the preservation of African cultural traditions. There is a risk of cultural erosion or dilution as younger generations adopt Western lifestyle and values. This is according to ChatGPT.*

2. **Who** does this problem impact, directly and indirectly? Who contributes to the problem? According to ChatGPT; here are some of the groups that are affected: Economies and Workers; Cultures and Traditions; Environment and Resources; Politics and governance; and Social inequality.

Ref: ChatGPT.openai.com (prompts)

3. **When** did this problem begin? When does it occur?

ChatGPT tells that it can be traced back to different historical periods. Here are some:

a) Age of Exploration (15th-17th centuries); b) Industrial revolution (18-19th Centuries);  
C) Post-World War II (mid 20th Century) and Late 20th Century.

Ref: ChatGPT.openai.com (prompts)

4. **Where** is this problem occurring? What is the context in which it occurs?

It is occurring almost everywhere but my focus is Sub-Saharan Africa through trade; foreign investment; and tech advancement

Ref: ChatGPT.openai.com (prompts)

5. **Why** is this a problem? What are the pain points or gaps? Why do you personally care about this problem?

It is a problem because the following is happening: Economic inequality; Culture Homogenization; Job Displacement; Loss of sovereignty; Culture imperialism; Environmental impact; and Financial instability;

Ref: ChatGPT.openai.com (prompts)

6. **How** would reality be different if this problem were solved? (This can be your opinion.)

The reality could be different in several ways: Cultural Diversity and Preservation; Equitable Economic Development; Sustainable development; Enhanced Sovereignty and Autonomy; Cultural Exchange and Dialogue; Stable and Inclusive Financial Systems and Empowered Local Communities. This is again from the amazing tool ChatGPT.

Ref: ChatGPT.openai.com (prompts) and Bard

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### Step 3: Understand and Quantify Your Problem

Next, you will conduct some basic web research to better understand, define, and quantify your problem. You will do this through a combination of Google search, Wikipedia, credible web sources, ChatGPT or other AI research tool, and your own synthesis of information from these sources. Be sure to give credit to your sources, and paraphrase (use your own words) rather than quoting directly.

7. What is the historical context for this problem? What happened in the past that contributes to the problem now?

The historical context for globalization and Western influence is multifaceted and spans several centuries. According to ChatGPT the following are key aspects to consider:

- a. Colonialism and imperialism: It happened during the 15th to 20th centuries; European powers embarked on a period of colonial expansion. This allowed them to exploit resources and labor.
- b. Industrial Revolution: This gave westerns significant advantage in terms of economic power and influence.
- c. Trade and Capitalism: The rise of global trade networks facilitated by advancements in transportation and communication technologies further accelerated Western influence.
- d. World Wars and Post-War Order: The two World Wars of the 20th century had a profound impact on the global balance of power. Following World War II; the States emerged as a superpower and championed a liberal international order based on free trade and democratic principles. Western institutions such as the United Nations; International Monetary Fund and World Bank were established; further consolidation Western influence.
- e. Cold War and Decolonization: The rivalry between the U.S and Soviet Union influenced global dynamics.
- f. Neoliberalism and Market-oriented Policies: This had both positive and negative consequences as it facilitated economic growth in some regions but also exacerbated inequalities and social unrest in others.

8. What are the possible economic (money-related) reasons why this problem exists and continues?

There are several economic reasons why this problem exists and continues. Here are some key factors from Bard and ChartGPT:

- a. Economic Interdependence: Globalization and Western influence are driven by the concept of economic interdependence wherein countries rely on each other for trade and investment. Western nations; particularly the United States and European countries; have historically been major economic powers with advanced industries and technologies. This has made them attractive destinations for investment and trade partners for other countries seeking access to Western markets and resources.
- b. Market Access and Profitability: Western countries provide vast consumer markets and have established strong legal and regulatory frameworks that facilitate business activities.
- c. Comparative advantage: They have developed a comparative advantage in certain industries such as high-tech manufacturing; finance; pharmaceuticals and entertainment. This means they produce more efficiently and at a lower cost compared to other countries.
- d. Financial dominance: Westerns, particularly the U.S dominate the global financial system. The US dollar is the world's primary reserve currency.
- e. Intellectual property and Knowledge economy: western countries have been at the forefront of innovation and intellectual property creation;
- f. International Institutions and Policies: These institutions and policies often reflect Western interests and promote liberalization of trade and investment.

9. What are the possible political reasons why this problem exists and continues?

- a. Promotion of Democratic Values
- b. Economic Interests and Market Expansion
- c. Influence over international Institutions
- d. Soft Power and Cultural Influence
- e. Geopolitical Power Projection

Ref: Bard and ChatGPT

10. What cultural beliefs and/or social norms possibly contribute to this problem?

Several cultural beliefs and social norms contribute to globalization and Western influence. Here are some key factors: Individualism and consumer Culture; Technological Innovation and Digital Connectivity; English Language Dominance: English Proficiency has become a significant advantage in the global economy; facilitating communication; trade; and cultural exchange. Cultural Hegemony; Education and Academic Influence: The influence of Western education systems and intellectual traditions contributes to the spread of Western ideas; values and knowledge; Westernization and Modernization Ideals

11. Who are the people potentially responsible (directly or indirectly) for creating and/or maintaining this problem?

According to ChatGPT; this problem is a complex phenomena influenced by numerous actors and institutions. Here are some key groups and entities:

- a. Political Leaders
- b. Multinational Corporations
- c. International Financial Institutions
- d. Western Economists and Think Tanks
- e. Western Media and Entertainment Industry
- f. International Trade Organizations

Now that you have the preliminary information you need, you'll continue your web research to find some numbers, or quantifiable information, to help describe your problem:

What numerical data can you find that is relevant to your problem? Be sure to use your own words and also cite (give credit to) your sources.

Example 1:

*According to Chat GPT, there are about 880 white rhinos currently living in Kenya. This population is very small, and they are critically endangered.*

Example 2:

*Johannesburg has approximately 5.8 million residents (per ChatGPT) and had approximately 4.7 million international overnight visitors in 2019 (according to the South African Tourism Annual Report for 2019/2020).*

12. Approximately how many people (and/or animals) are **directly** impacted by this problem? Explain.

It is challenging to provide an exact number of people as the effects are widespread and multifaceted. The impact can be observed in various aspects of people's lives including economy; culture; politics; and social dynamics.

13. Approximately how many people (and/or animals) are **indirectly** impacted by this problem? Explain.

It is even more challenging to quantify as they encompass a wide range of interconnected factors and ripple effects that extend beyond direct participants. Here are some areas where indirect impacts of globalization and western influence can be observed: supply chain and Labor Markets; Local Industries and Small-Scale Producers; Environmental Impact; Social and Cultural Transformations; Economic Inequalities:...

14. What other numerical data can you share that is relevant to your problem? What can you find out about its size and scope? What can be measured? (For example, the amount of trash produced in Nairobi each day, the number of people without access to clean water, etc.)

The whole third world is affected or impacted by this globalization and western influence directly and or indirectly.

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## Step 4: Describe Your Solved State

Without having to come up with *how* to solve the problem, describe what the desired, solved state looks like. Please use numbers wherever possible, and make your solved state specific and measurable.

**Example 1:**

*There would be a population of 10,000 healthy and protected white rhinos living in the wild in Kenya.*

**Example 2:**

*All 5.8 million residents of Johannesburg would have affordable and consistently available power from clean energy sources, 99.5% of the time.*

15. If the problem were addressed/solved, what would reality be like?

According to ChatGPT; reversing or completely eliminating globalization and western influence is unlikely and may not necessarily be desirable. But a different reality would look like this: Cultural Diversity and exchange; Economic Equitability; Geopolitical multipolarity; Technological innovation and collaboration; Cultural and Political Pluralism; and Collaborative Global problem-solving.

16. Are there other benefits that would come from your problem being solved? Name at least one.

Sustainable Development

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## Step 5: Clarify Your Problem Scope

You are more effective at solving a problem when you know where its limits are. That is, when you know what is “in scope” and “out of scope.” For this reason, it is important to list what is out of scope, or NOT included as part of your problem definition.

**Example 1:**



*The scope of the problem does not cover any other animal species besides white rhinos. It does not include white rhinos outside of Kenya.*

Example 2:

*The scope of the problem does not include any businesses or people outside of the legally-defined Johannesburg city limits. It does not apply to tourists or visitors staying for less than 1 year in Johannesburg.*

17. What is NOT in scope for your problem?

The scope of the problem does not cover any other countries besides third countries. It does not include poor countries outside of sub-saharan africa.

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## Step 6: Areas for Learning

What do you not know or understand that you would like to know more about? This can be anything related directly or indirectly to your problem. Let your curiosity run wild!

Example 1:

*I'd like to know where most of the demand for rhino horn is coming from. I'd like to know who are the primary buyers and who is behind the trafficking of rhino horn. I'd like to know how long the average rhino's lifespan is. I'd like to know how many babies a typical female rhino has, and how many babies typically survive into adulthood. I'd like to know more about what diseases impact rhinos. I'd like to know more about the kinds of habitats that rhinos thrive in. I'd like to understand what international organizations do the best job supporting wildlife conservation and what their practices are. I'd like to know what models of community involvement have been most successful in keeping wildlife safe and thriving. I'd like to understand how much land is available in Kenya for rhinos to roam.*

Example 2:

*I'd like to better understand the utility company Eskom and its history. I'd like to understand why Eskom has failed to plan properly to update its infrastructure. I'd like to understand the*

*relationship between Eksom and the South African government. I'd like to know if there are private utility companies providing competition to Eksom. I'd like to know what the latest breakthroughs are in solar power. I'd like to know what other possible energy sources might be made available in Johannesburg. I'd like to know how much energy tourists and temporary visitors use. I'd like to better understand the process of how limited energy supply gets allocated to people and businesses. I'd like to better understand the economic impact to people and businesses of not having power.*

18. What else would you like to know or understand better? (It can be anything related to your problem.) List 5-10 things.

I would like to understand why the World Bank has failed to reduce poverty and what measures were taken after that target failure. I would like to know who is behind and pushing this globalization and western influence. Is their goal to make the whole world speak english? Is their target to control each and every country's economy? Why are they very touchy about democracy and promoting their values only?

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## Step 7: Problem Statement

This step is the culmination of all you have done in Part A. You will synthesize the work you have done above to create a problem statement of 150 - 250 words. This should be in narrative form, 2-4 paragraphs, and should NOT use bullet points.

Your problem statement should:

- Provide a succinct description of the problem **in the first sentence**.
- Indicate specific population affected
- Explain the impact (cost, time, environmental, personal) and why the problem matters.
- Explain what reality would look like if the problem were solved. The gap that exists between present reality and the desired outcome should be clear.

Please cite (give credit to) where your information came from directly in your statement. Avoid word-for-word quoting and instead paraphrase (use your own words), as modeled in the example. Also list your sources and their urls (web addresses) at the end.

Example :

*Kenya's white rhinos are in critical danger of extinction. There are currently about 880 white rhinos in the country of Kenya, per Wikipedia. According to Chat GPT, Rhinos are considered a keystone species, meaning they have a disproportionately large impact on their ecosystem compared to their population size. Rhinos help shape their environment by influencing vegetation growth and acting as seed dispersers, which creates habitat for other species (per ChatGPT).*

*The extinction of white rhinos would have cascading effects on other plant and animal species in their habitat. According to the Kenya Wildlife Service, rhinos' presence in reserves and parks bring millions of tourists each year, contributing to local economies and supporting conservation efforts. Once a species goes extinct, it is gone forever. The extinction of rhinos would represent the loss of millions of years of evolutionary history, and unique genetic diversity that science has yet to fully understand and benefit from (per ChatGPT).*

*My problem would be considered solved when the population of wild, white rhinos in Kenya reaches 10,000, and when all imminent threats to their population including poaching and habitat destruction are not present. If this were the reality, it would create ecosystem balance, create large revenues from ecotourism, preserve important cultural symbols, and allow for genetic diversity that could benefit humanity in ways we may not yet fully understand.*

Sources:

*Kenya Wildlife Services Annual Report 2017, <https://www.kws.go.ke/content/annual-reports>*

*ChatGPT, <https://chat.openai.com/>*

*"White Rhinoceros", Wikipedia, [https://en.wikipedia.org/wiki/White\\_rhinoceros](https://en.wikipedia.org/wiki/White_rhinoceros)*

19. My problem is statement is:

Globalization and Western Influence: This poses a challenge to the preservation of African cultural traditions. There is a risk of cultural erosion or dilution as younger generations adopt Western lifestyle and values. This is according to ChatGPT.

According to ChatGPT; here are some of the groups that are affected: Economies and Workers; Cultures and Traditions; Environment and Resources; Politics and governance; and Social inequality.

It is challenging to provide an exact number of people impacted directly as the effects are widespread and multifaceted. The impact can be observed in various aspects of people's lives including economy; culture; politics; and social dynamics.

It is even more challenging to quantify people affected indirectly as they encompass a wide range of interconnected factors and ripple effects that extend beyond direct participants. Here are some areas where indirect impacts of globalization and western influence can be observed: supply chain and Labor Markets; Local Industries and Small-Scale Producers; Environmental Impact; Social and Cultural Transformations; Economic Inequalities and so on.

It is a problem because the following is happening: Economic inequality; Culture Homogenization; Job Displacement; Loss of sovereignty; Culture imperialism; Environmental impact; and Financial instability

According to ChatGPT; reversing or completely eliminating globalization and western influence is unlikely and may not necessarily be desirable. But a different reality would look like this: Cultural Diversity and exchange; Economic Equitability; Geopolitical multipolarity; Technological innovation and collaboration; Cultural and Political Pluralism; and Collaborative Global problem-solving.

20. Please list all sources that you used to form your problem statement:

**ChatGPT, <https://chat.openai.com/>**

**<https://press.un.org/en/2000/20000214.tad1908.doc.html>**



**Please go back to Canvas and continue with your learning content. You will be prompted on when to return to complete Section B.**

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## SECTION B: Research Questions & Hypothesis

**IMPORTANT:** Complete this section AFTER completing the Canvas Modules *Asking Effective Questions* and *Web Research*.

### Step 8: Research Questions

Based on what you have learned so far and on 'Step 6: Areas for Learning' from this worksheet, come up with 3 research questions. **Research questions should be complex enough that they can't be answered by a single Google search.** If appropriate, form a hypothesis that your research may confirm or reject. (As a reminder, a hypothesis is a prediction of how you think

your research will answer your research question. It is your best guess. If you truly have absolutely no idea, state “not applicable.”)

Example Research Question #1:

*What are some ways can we increase rhino populations?*

Hypothesis:

*Rhino populations will be increased by creating more open spaces for them to roam, increasing their protection, increasing international interest in them, and other reasons I have yet to uncover.*

Example Research Question #2:

*Which organizations have been effective at wildlife conservation and what practices do they use?*

Hypothesis:

Not applicable; I don't know.

Example Research Question #3:

*How many babies can a typical female white rhino have in her lifetime, and what are the reasons a female may not have high fertility?*

Hypothesis:

*A typical female white rhino can have 5 babies in her lifetime, and fertility may be affected by diet, amount of grazing territory, poaching, stress, mate availability, and other reasons I have yet to uncover.*

21. Research question #1:

What are some ways to reduce western influence and globalization?

Hypothesis (if applicable):

Globalization and western influence will be reduced by strengthening Local Industries; promoting cultural diversity; investing in education and research; Regional Cooperation and Trade blocs; Political and economic diversification; Media and Information Localization; Strengthening International Institutions

22. Research question #2:

Which countries have been effective in reducing globalization and western influence?

Hypothesis (if applicable):

Rwanda has implemented policies to promote self-sufficiency and reduce reliance on westerns; pursued policies to counter western influence; Iran has pursued a strategy of resistance economy; venezuela and some african countries

23. Research question #3:

How many years can it take a country affected by globalization and western influence to overcome that and be independent?

Hypothesis (if applicable): Not Applicable



Please go back to Canvas and continue with your learning content. You will be prompted on when to return to complete Section C.

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## PART C: Mini-Research Report

**IMPORTANT:** Complete this section AFTER completing the Canvas Module *Web Research Executive Summary*.

In 200-300 words, provide an executive summary of your research. You should be synthesizing information from multiple sources. Provide answers and explanations for the 3 questions you investigated and your key research findings. This should be in a narrative format (no bullet points), and be at least 3 paragraphs long.

Please use at least 3 different online sources such as ChatGPT, organizational websites, wikipedia, etc.. Please cite (give credit to) where your information came from directly in your statement. Avoid word-for-word quoting and instead paraphrase (use your own words), as modeled in the example. Also list your sources and their urls (web addresses) at the end.

#### **Example Executive Summary:**

*According to ChatGPT, increasing rhino populations requires multiple approaches. These approaches include: anti-poaching measures; habitat protection and management; translocation and reintroduction; captive breeding and reintroduction; international cooperation between governments, conservation organizations, and communities; community engagement and education; and demand reduction.*

*According to ChatGPT, the following organizations are well known for wildlife conservation and protection: World Wildlife Fund (WWF), International Union for Conservation of Nature (IUCN), Wildlife Conservation Society (WCS), African Wildlife Foundation (AWF), Pathera, Conservation International, and The Jane Goodall Institute. These organizations engage in different practices to help wildlife. As one example, World Wildlife Fund, according to their webpage, engages in protecting land where animals roam, educating communities on the importance of protecting wildlife, and shutting down markets in Asia where ivory is sold.*

*Another example is African Wildlife Foundation. According to their website, they focus their efforts conservation education, anti-poaching efforts, habitat restoration, and policy advocacy. The Jane Goodall Institute is a final example. According to their website, they focus on environmental education, and promoting sustainable livelihoods through conservation efforts. There appears to be several ways that reputable wildlife conservation organizations go about accomplishing their goal.*

*According to the International Rhino Foundation, a typical rhino pregnancy lasts around 16 months. According to the Maryland Zoo, Female white rhinos are able to start producing offspring when they are about 6 years old. A female rhino can give birth to one calf about once every 2-3 years. According to ChatGPT, a female rhino could give birth to as many as 14 offspring in her lifetime, but this is uncommon. Usually, conditions do not support this.*

#### **Sources:**

*African Wildlife Foundation, <https://www.awf.org/strategic-vision-2020-2030>  
ChatGPT, <https://chat.openai.com/>*



Jane Goodall Institute, <https://janegoodall.org/our-impact/>

International Rhino Foundation <https://rhinos.org/blog/rhino-moms/>

Maryland Zoo, <https://www.marylandzoo.org/animal/southern-white-rhinoceros/>

World Wildlife Fund, <https://www.worldwildlife.org/initiatives/wildlife-conservation>

#### 24. Executive Summary:

This research examines the impact of globalization and Western influence on African countries. It analyzes the multifaceted dimensions of globalization and Western influence; encompassing economic, political, cultural and social aspects. Political; cultural and social aspects. The study explores the challenges presented by globalization and western influence with a particular focus on African contexts.

This paper reveals that globalization and western influence hereinafter as G.W.I have had significant effects on African countries. G.W.I has increased trade opportunities; foreign investment and access to markets but it has led to economic inequalities; dependency and vulnerability.

Politically; african countries have been influenced by Western models of governance and democracy. The study highlights the importance of striking a balance between adopting global norms and preserving local political systems and traditions.

Socially; G.W.I helped Africans to access information and technologies.

Culturally; African societies have undergone transformations due to the spread of Western cultural products and lifestyles. While cultural exchange has enriched societies; it has also raised concerns about cultural homogenization and the erosion of local traditions. The research emphasizes the significance of preserving and celebrating cultural diversity and embraces the positive side of G.W.I.

To navigate the complexities of G.W.I; the research recommends a nuanced approach. African countries should pursue strategies that promote economic diversification; strengthen local industries; foster cultural preservation and embrace regional cooperation.

In conclusion; this research highlights the multifaceted nature of G.W.I on african countries. It emphasizes the need for African nations to navigate these influences thoughtfully; preserving cultural diversity and promoting equitable developement.

<b>To</b>	rumax08@gmail.com
<b>Cc</b>	
<b>Bcc</b>	
<b>Subject</b>	Milestone 3

25. Please list all sources that you used to form your executive summary:

[www.chatgpt.openai.com](http://www.chatgpt.openai.com)

[www.bard.com](http://www.bard.com)

<https://press.un.org/en/2000/20000214.tad1908.doc.html>



Please go back to Canvas and continue with your learning content. Return to Part D after you have completed your City Hub Activities.

## PART D: Hub Activities Report

**IMPORTANT:** Complete this section AFTER completing the Canvas Lessons “Hub Activity: Problem Statement” and “Hub Activity: Web Research.”

### Hub Activity #1: Problem Statement

Please report on your process of getting peer feedback.

26. Who reviewed your problem statement (item #19)? (Give the first and last names of your 2 peers.)

Mwizerwa Aline and Marc Nsanzumfura

27. In brief, what feedback did they give to you?

To keep it up and do as fast as I can complete the milestone 3 on time

28. Was their feedback useful to you? Did it feel kind? Why or why not?

They were very kind and it was a fruitfull conversation

29. Who did you give feedback to? (Give the first and last names of 2 peers- they may be the same or different peers from above.)

Mwizerwa Aline and Muyenzikazi Noble

30. Do you feel that you gave useful and kind feedback to your peers? Why or why not?  
I feel like I gave constructive feedback to my peers.

## Hub Activity #2: Web Research

Please report on your process of getting peer feedback.

31. Who reviewed your executive summary (item #24)? (Give the first and last names of your 2 peers.)

Mark Mfuranzima

32. In brief, what feedback did they give to you?

First; I was using the wrong sheet (not this one); and the other feedback was to use ChatGPT to perfect my opinions.

33. Was their feedback useful to you? Did it feel kind? Why or why not?

Everything happened smoothly and we gave each other constructive criticisms.

34. Who did you give feedback to? (Give the first and last names of 2 peers- they may be the same or different peers from above.)

Mwizerwa Aline and Muyenzikazi Noble

35. Do you feel that you gave useful and kind feedback to your peers? Why or why not?

Yes; I do believe that they are doing what they can to stay in this course therefore as soon as I see a peer I encourage and motivate.



After you updated earlier parts of the worksheet based on your feedback, please go back to Canvas and continue with your learning content. Return to Part E prior to submitting your milestone.

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## PART E: Daily 3 Challenge Report

Please answer the following questions honestly. There are no wrong answers! This is your opportunity for self-reflection.

36. How many days out of the past 7 did you do 20 minutes of movement?  
7/7 days

37. How many days out of the past 7 did you write 3 morning pages?  
5/7 days

38. Overall, how do you feel you are doing on building your Daily 3 habits? Explain.  
As it is new to me; I am still trying to get familiar with Daily 3 habits. The more I practice the more I will show improvement and results.

39. What is your biggest barrier to staying motivated?  
The factors that can hinder my motivation are the peer grading system ALX is using. Participants are not at the same level of understanding and judgment; therefore instead of simply using the rubric and follow instructions they try to subtract as much points as they can.  
The second is burnout and fatigue. As I work night shifts and during the day I have to dive into canvas and read materials; I don't have time to digest what I have been reading. As soon the milestone is submitted the other week kicks in with more intensity than the previous one.

40. If you have been practicing at least some movement and/or morning pages:

A) What effect (if any) have you noticed on your mood, focus, and productivity?

It helped me to organize and know after each and everything I have to do what is next.

B) What helps you stay motivated?

It is the outcome that can rise from this course at the end plus gaining new skills; friends and changing the environment in which I used to be in.

41. If you haven't been practicing any movement and morning pages, what would motivate you to get started?

**Once you have completed this worksheet, export/convert to .pdf, rename it per the instructions, and upload to Canvas as your Milestone 3 Submission. Celebrate a job well done!**