**Week 9**

**Name: Muhammed Swalih**

**Mobile:6282712778**

| **Personal Development Workouts** |
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| 1. Finish reading the next 50 pages of the book Atomic Habits by James Clear and prepare an audio note on each chapter. |
| *1.In Atomic Habits, James Clear offers practical strategies for building good habits and breaking bad ones by focusing on small, incremental changes. He emphasizes the power of identity-based habits and the importance of environment design. The book provides actionable insights that make habit formation easier and more sustainable over time.* |

| **Technical Workouts** |
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| 1. Complete your project according to the instructions. |
| *Write a description about this task* |

| **Miscellaneous Workouts** |
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| 1. Practice typing for at least one hour each day. Finish as many chapters as possible as you can. Don’t spend more than an hour each day. 2. Prepare a topic for the tech seminar. Record and upload it on youtube as an unlisted video. 3. Conduct a Feedback session by the end of this week. 4. Prepare your progress video for the last week. Record and upload it on youtube as an unlisted video. |
| *1.Improving our typing skills enhances efficiency, accuracy, and professionalism. It demonstrates commitment to productivity and boosts confidence. Fast and accurate typing opens up more opportunities, making it a valuable skill in many roles. This development benefits both personal and professional growth, making us more attractive to employers.* |
| *2.The field of biodegradable electronics is still in its early stages, but it holds great potential for creating more sustainable and environmentally friendly technologies. As research and development continue, we can expect to see more practical applications of biodegradable electronics in everyday life, helping to reduce the global burden of e-waste and promoting a circular economy*  [*https://youtu.be/a9OsbX7HYx0*](https://youtu.be/a9OsbX7HYx0) |
| *3.In this feedback session, we will discuss challenges and solutions in MERN stack development, strategies for optimizing performance and workflow, and best practices for MongoDB, Express.js, React, and Node.js. Participants will share insights to enhance development efficiency and project outcomes.* |
| *4 .I am in the 9th week right now, and compared to previous weeks, I have improved a lot thanks to the tasks and instructions. I have learned many new things and accomplished several tasks, which I find impressive. This progress is very encouraging and motivates me to continue working hard. I am pleased with my development and the skills I have gained so far.*  [*https://youtu.be/sR6XKbgLdOw*](https://youtu.be/sR6XKbgLdOw) |