Nicole Brasaemle

Coding Boot Camp

Module 3 – Assignment #3

Reflection

I believe that the most challenging “Key to Success” for me will be the Self-Care one, including a little bit of time management improvement on my part. As of right now, I have a terrible sleep schedule, I do not exercise, I do not necessarily eat for nutrition, and my place of employment is draining in many ways. In order to improve upon these things, I plan to figure out a schedule for each week, so I can accomplish these things as well as get a good night sleep. I have been working on going to bed and getting up earlier. I have started to do some exercising. My diet is starting to improve. In the case of my current place of employment, I am searching for a less stressful job for while I am in this course.