

Personalized Social Mastery Journal

Name: Arun Yadav

Location: Prayagraj, UP

Main Project: NEETPrepGPT (AI-powered medical education)

Career Goal: AI Engineer/Founder

Learning Focus:

- Python Mastery
- FastAPI
- Git workflow
- OpenAI API
- Product Launch
- Professional Networking
- Social Skill Engineering

**This journal is crafted for you—a growth-minded developer & founder.
Use it to engineer the communication skills that will multiply your technical impact.**

PROGRESSIVE SOCIAL MASTERY SYSTEM

An Engineering Approach to Communication Excellence

From Introvert to Influential Communicator

■ SYSTEM FEATURES:

- Progressive Difficulty: Each week builds on the last with scaffolded challenges
 - Knowledge Modules: Learn the theory before practicing the skills
 - Concrete Metrics: Measurable success criteria for every challenge
 - Personal Goals: Customize each week to your specific social contexts
 - Daily Tracking: Detailed reflection and progress monitoring
- Evidence-Based: Rooted in psychology, neuroscience, and communication research

■ YOUR TRANSFORMATION COMMITMENT:

This system will transform you from socially anxious to socially confident.
You will master the engineering principles of human connection.
Every interaction becomes data. Every challenge builds competence.
In 7 weeks, you will have the communication skills to accelerate your career.
Commit fully. Follow the system. Become unstoppable.

WEEK 1 KNOWLEDGE MODULE

Emotional Intelligence & Self-Awareness

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 1

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'Daniel Goleman: Emotional Intelligence' (TED Talk)
2. Book: 'Emotional Intelligence 2.0' by Travis Bradberry
3. Article: 'The Four Domains of Emotional Intelligence' (Harvard Business Review)
4. Practice: 'Body Scan Meditation' for emotional awareness

■ **KEY CONCEPTS TO MASTER:**

- The 4 domains: Self-awareness, Self-management, Social awareness, Relationship management
- Recognizing emotional triggers and physical sensations
- The difference between emotions and reactions
- Mindful awareness vs. autopilot responses

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Reduce social anxiety in [specific context, e.g., team meetings] by practicing low-stakes interactions to build confidence.

■ **THIS WEEK'S SUCCESS METRIC:**

Binary Success Metric: Did you complete each day's specific challenge? Track: Yes/No + comfort level (1-10) + one thing learned

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: Make conscious eye contact with 5 strangers and smile. Log their reactions.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Eye contact + smile with 3 people, say 'Hello/Good morning' to 2 others.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: Ask 1 person a simple logistical question ('Excuse me, do you know the time?').

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

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■ ACTION ITEMS & TO-DO

- _____
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- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Give 1 genuine compliment to a service worker or acquaintance.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

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■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: Ask a logistical question + make one follow-up comment/observation.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
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- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Have one complete 3-turn conversation (You speak, they respond, you respond).

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Initiate 2 brief conversations in low-stakes environments (e.g., coffee shop).

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

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Week 1 Performance Review

Growth Mindset: 'Every challenge makes me a stronger leader and developer.'

■ TECH & CAREER INTEGRATION

This week, how did improved social skills help you with:

- Technical collaboration (code review, study group, feedback)?
- Networking (LinkedIn, expert outreach for NEETPrepGPT)?
- Learning (explaining concepts, asking better questions)?

Action Step: What's one developer or AI founder you will connect with next week?

■ QUANTITATIVE RESULTS

CHALLENGE COMPLETION RATE: ____/7 days completed successfully

AVERAGE COMFORT LEVEL: Day 1: ____ Day 7: ____ (Improvement: ____)

SUCCESS METRIC ACHIEVEMENT: How well did you hit this week's metric?

Binary Success Metric: Did you complete each day's specific challenge? Track: Yes/No + comfort level
(1-10) + one thing learned

■ QUALITATIVE INSIGHTS

BIGGEST BREAKTHROUGH: What was your most significant 'aha' moment?

PATTERN RECOGNITION: What patterns did you notice in your social behavior?

KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ WEEK 2 PREPARATION

WEEK 2 GOAL CUSTOMIZATION: How will you personalize next week's challenges?

KNOWLEDGE MODULE PLAN: When will you complete Week 2's learning?

ACCOUNTABILITY PLAN: How will you ensure consistent practice next week?

WEEK 2 KNOWLEDGE MODULE

Response Control & Emotional Regulation

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 2

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'Viktor Frankl: Between Stimulus and Response'
2. Book: 'The Power of Now' by Eckhart Tolle (Chapter on reactive patterns)
3. Article: 'The Science of Self-Control' (Psychology Today)
4. Technique: 'STOP Method' (Stop, Take a breath, Observe, Proceed)

■ **KEY CONCEPTS TO MASTER:**

- The neurological 6-second rule for emotional hijacking
- Breathing techniques for immediate regulation
- Creating space between trigger and response
- Reframing thoughts to change emotional responses

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Gain control over my [specific trigger, e.g., critical feedback] reactions, especially in [context like code reviews/family].

■ **THIS WEEK'S SUCCESS METRIC:**

Response Time Metric: How long between trigger and thoughtful response? Track: Seconds + technique used + outcome quality (1-10)

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: Use the 'tactical pause' (3 deep breaths) before responding to any minor irritation.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

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KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Catch yourself planning a response while someone is talking. Reset and listen.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: When feeling triggered, name the emotion silently before responding.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Use the STOP technique in one potentially reactive situation.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: Transform one complaint into a specific, actionable request.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Practice the 6-second rule when receiving difficult code review feedback.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Navigate one challenging conversation using all response control techniques.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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Week 2 Performance Review

Growth Mindset: 'Every challenge makes me a stronger leader and developer.'

■ TECH & CAREER INTEGRATION

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KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ WEEK 3 PREPARATION

WEEK 3 GOAL CUSTOMIZATION: How will you personalize next week's challenges?

KNOWLEDGE MODULE PLAN: When will you complete Week 3's learning?

ACCOUNTABILITY PLAN: How will you ensure consistent practice next week?

WEEK 3 KNOWLEDGE MODULE

Active Listening & Deep Communication

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 3

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'How to Really Listen' by Julian Treasure (TED Talk)
2. Book: 'Just Listen' by Mark Goulston
3. Article: 'The Levels of Listening' by Otto Scharmer
4. Practice: 'Reflective Listening Exercises'

■ **KEY CONCEPTS TO MASTER:**

- The difference between hearing and listening
- Levels of listening: Internal, focused, empathic, generative
- Paraphrasing vs. summarizing techniques
- Nonverbal listening cues and body language

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Become a better listener in [specific relationship/context, e.g., with my mentor] to deepen understanding and connection.

■ **THIS WEEK'S SUCCESS METRIC:**

Listening Quality Metric: In each conversation, did the other person say 'Yes, that's exactly right' to your paraphrase? Track: Yes/No + their satisfaction level

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: In one conversation, focus only on listening - no planning your response.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Ask 'What I heard is...' to confirm understanding in a technical discussion.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: Ask 2 clarifying questions in a conversation before giving your input.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

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- _____
- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Identify and reflect back one emotion you heard in someone's words.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: Use active listening in a conversation where you disagree with a technical approach.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

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■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Practice empathic listening - focus on understanding a user's problem, not just the feature request.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Ask for feedback on your code from a senior dev and listen without defending.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

Week 3 Performance Review

Growth Mindset: 'Every challenge makes me a stronger leader and developer.'

■ TECH & CAREER INTEGRATION

This week, how did improved social skills help you with:

- Technical collaboration (code review, study group, feedback)?
- Networking (LinkedIn, expert outreach for NEETPrepGPT)?
- Learning (explaining concepts, asking better questions)?

Action Step: What's one developer or AI founder you will connect with next week?

■ QUANTITATIVE RESULTS

CHALLENGE COMPLETION RATE: ____/7 days completed successfully

AVERAGE COMFORT LEVEL: Day 1: ____ Day 7: ____ (Improvement: ____)

SUCCESS METRIC ACHIEVEMENT: How well did you hit this week's metric?

Listening Quality Metric: In each conversation, did the other person say 'Yes, that's exactly right' to your paraphrase? Track: Yes/No + their satisfaction level

■ QUALITATIVE INSIGHTS

BIGGEST BREAKTHROUGH: What was your most significant 'aha' moment?

PATTERN RECOGNITION: What patterns did you notice in your social behavior?

KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ WEEK 4 PREPARATION

WEEK 4 GOAL CUSTOMIZATION: How will you personalize next week's challenges?

KNOWLEDGE MODULE PLAN: When will you complete Week 4's learning?

ACCOUNTABILITY PLAN: How will you ensure consistent practice next week?

WEEK 4 KNOWLEDGE MODULE

Clear Communication & Assertiveness

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 4

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'Nonviolent Communication' by Marshall Rosenberg
2. Book: 'Crucial Conversations' by Kerry Patterson
3. Article: 'I-Statements vs You-Statements' (Psychology Today)
4. Framework: 'COIN Method' for difficult conversations

■ **KEY CONCEPTS TO MASTER:**

- The anatomy of I-statements: Observation, Feeling, Need, Request
- Separating facts from interpretations
- Assertive vs. aggressive vs. passive communication
- The art of making clear, specific requests

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Learn to express my technical opinions clearly in [specific situations, e.g., planning sessions] without being aggressive or passive.

■ **THIS WEEK'S SUCCESS METRIC:**

Message Clarity Metric: Did your message land as intended? Track: Their response matched your intent (Yes/No)
+ follow-up questions needed

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: Replace one 'You' statement with an 'I' statement in a team chat (e.g., Slack/Discord).

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Make one request using the format: 'I would appreciate if...' instead of complaining.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: Express a technical opinion clearly without apologizing or over-explaining.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Share a learning challenge using 'I feel... when... because...' format.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: Set one clear boundary regarding your focus/work time.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Ask for something you want directly and specifically (e.g., a specific type of mentorship).

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Have one difficult conversation about project scope using I-statements.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

Week 4 Performance Review

Growth Mindset: 'Every challenge makes me a stronger leader and developer.'

■ TECH & CAREER INTEGRATION

This week, how did improved social skills help you with:

- Technical collaboration (code review, study group, feedback)?
- Networking (LinkedIn, expert outreach for NEETPrepGPT)?
- Learning (explaining concepts, asking better questions)?

Action Step: What's one developer or AI founder you will connect with next week?

■ QUANTITATIVE RESULTS

CHALLENGE COMPLETION RATE: ____/7 days completed successfully

AVERAGE COMFORT LEVEL: Day 1: ____ Day 7: ____ (Improvement: ____)

SUCCESS METRIC ACHIEVEMENT: How well did you hit this week's metric?

Message Clarity Metric: Did your message land as intended? Track: Their response matched your intent
(Yes/No) + follow-up questions needed

■ QUALITATIVE INSIGHTS

BIGGEST BREAKTHROUGH: What was your most significant 'aha' moment?

PATTERN RECOGNITION: What patterns did you notice in your social behavior?

KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ WEEK 5 PREPARATION

WEEK 5 GOAL CUSTOMIZATION: How will you personalize next week's challenges?

KNOWLEDGE MODULE PLAN: When will you complete Week 5's learning?

ACCOUNTABILITY PLAN: How will you ensure consistent practice next week?

WEEK 5 KNOWLEDGE MODULE

Empathy & Perspective-Taking

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 5

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'The Power of Empathy' by Brené Brown
2. Book: 'Nonviolent Communication' by Marshall Rosenberg
3. Article: 'Cognitive Empathy vs. Affective Empathy' (Greater Good Science Center)
4. Exercise: 'Perspective-Taking Scenarios'

■ **KEY CONCEPTS TO MASTER:**

- Types of empathy: Cognitive, affective, compassionate
- The difference between empathy and sympathy
- Understanding needs beneath behaviors
- Cultural and individual differences in communication styles

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Build deeper empathy with [specific people, e.g., end-users of my project] to strengthen product quality.

■ **THIS WEEK'S SUCCESS METRIC:**

Empathy Accuracy Metric: When you guessed someone's feeling/need, were you right? Track: Accurate guess (Yes/No) + their confirmation

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: Ask a colleague 'How are you really doing?' and listen for the deeper answer.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Before responding to a bug report, mentally summarize the user's frustration.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: Ask one person in your network about their career goals and what they're excited about.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Share something vulnerable about your own experience or struggles with a coding problem.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: When someone is upset about a project delay, focus on understanding their underlying need.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Practice seeing a current technical debate entirely from the other person's viewpoint.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Have one conversation where you spend 80% of the time understanding their technical perspective.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

Week 5 Performance Review

Growth Mindset: 'Every challenge makes me a stronger leader and developer.'

■ TECH & CAREER INTEGRATION

This week, how did improved social skills help you with:

- Technical collaboration (code review, study group, feedback)?
- Networking (LinkedIn, expert outreach for NEETPrepGPT)?
- Learning (explaining concepts, asking better questions)?

Action Step: What's one developer or AI founder you will connect with next week?

■ QUANTITATIVE RESULTS

CHALLENGE COMPLETION RATE: ____/7 days completed successfully

AVERAGE COMFORT LEVEL: Day 1: ____ Day 7: ____ (Improvement: ____)

SUCCESS METRIC ACHIEVEMENT: How well did you hit this week's metric?

Empathy Accuracy Metric: When you guessed someone's feeling/need, were you right? Track: Accurate
guess (Yes/No) + their confirmation

■ QUALITATIVE INSIGHTS

BIGGEST BREAKTHROUGH: What was your most significant 'aha' moment?

PATTERN RECOGNITION: What patterns did you notice in your social behavior?

KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ WEEK 6 PREPARATION

WEEK 6 GOAL CUSTOMIZATION: How will you personalize next week's challenges?

KNOWLEDGE MODULE PLAN: When will you complete Week 6's learning?

ACCOUNTABILITY PLAN: How will you ensure consistent practice next week?

WEEK 6 KNOWLEDGE MODULE

Conflict Resolution & Difficult Conversations

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 6

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'Getting to Yes: Negotiating Agreement' by Roger Fisher
2. Book: 'Difficult Conversations' by Douglas Stone
3. Article: 'The Anatomy of Peace' concepts
4. Framework: 'Nonviolent Communication in Conflict'

■ **KEY CONCEPTS TO MASTER:**

- Separating positions from interests
- De-escalation techniques and language patterns
- Finding win-win solutions
- Managing your own triggers during conflict

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Address [specific conflict/tension, e.g., a disagreement on architecture] using structured approaches rather than avoidance.

■ **THIS WEEK'S SUCCESS METRIC:**

Resolution Success Metric: Did the conflict discussion end with agreed-upon next steps? Track: Mutual agreement reached (Yes/No) + relationship strengthened

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: Address one small issue in a collaboration directly instead of letting it build up.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Use collaborative language ('How can we solve this?') in one disagreement.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: Practice the COIN method for giving difficult feedback on a pull request.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Apologize for a mistake (e.g., breaking the build) without making excuses.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: Find one area of agreement in a conversation with someone you disagree with.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Turn one conflict into a problem-solving session by focusing on solutions.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

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■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Reach out to an expert for advice on your NEETPrepGPT product launch strategy.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

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EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

Week 6 Performance Review

Growth Mindset: 'Every challenge makes me a stronger leader and developer.'

■ TECH & CAREER INTEGRATION

This week, how did improved social skills help you with:

- Technical collaboration (code review, study group, feedback)?
- Networking (LinkedIn, expert outreach for NEETPrepGPT)?
- Learning (explaining concepts, asking better questions)?

Action Step: What's one developer or AI founder you will connect with next week?

■ QUANTITATIVE RESULTS

CHALLENGE COMPLETION RATE: ____/7 days completed successfully

AVERAGE COMFORT LEVEL: Day 1: ____ Day 7: ____ (Improvement: ____)

SUCCESS METRIC ACHIEVEMENT: How well did you hit this week's metric?

Resolution Success Metric: Did the conflict discussion end with agreed-upon next steps? Track:

Mutual agreement reached (Yes/No) + relationship strengthened

■ QUALITATIVE INSIGHTS

BIGGEST BREAKTHROUGH: What was your most significant 'aha' moment?

PATTERN RECOGNITION: What patterns did you notice in your social behavior?

KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ WEEK 7 PREPARATION

WEEK 7 GOAL CUSTOMIZATION: How will you personalize next week's challenges?

KNOWLEDGE MODULE PLAN: When will you complete Week 7's learning?

ACCOUNTABILITY PLAN: How will you ensure consistent practice next week?

WEEK 7 KNOWLEDGE MODULE

Relationship Building & Network Cultivation

■ **TIME INVESTMENT:** 30-60 minutes before starting Week 7

■ **RECOMMENDED LEARNING RESOURCES:**

1. YouTube: 'How to Win Friends and Influence People' key concepts
2. Book: 'Never Eat Alone' by Keith Ferrazzi
3. Article: 'The Science of Strong Relationships' (Harvard Business Review)
4. Practice: 'Gratitude and Appreciation Expressions'

■ **KEY CONCEPTS TO MASTER:**

- The principle of reciprocity in relationships
- Building trust through consistency and vulnerability
- The art of following up and staying connected
- Adding value before asking for favors

■ **LEARNING COMPLETION CHECKLIST:**

- Watched/read at least 2 recommended resources
- Can explain the key concepts in my own words
- Identified how these concepts apply to my personal goals
- Ready to practice these skills in real conversations

■ **MY PERSONAL APPLICATION GOAL:**

My specific goal this week: Strengthen my [professional/personal] network by reconnecting with [specific types of people, e.g., other AI developers].

■ **THIS WEEK'S SUCCESS METRIC:**

Connection Depth Metric: Did your interaction lead to concrete next steps? Track: Follow-up planned (Yes/No) + relationship investment level (1-10)

■ TODAY'S MISSION: DAY 1 CHALLENGE

Day 1: Send a specific appreciation message to someone who helped you with a technical problem.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

PRE-CHALLENGE MINDSET: How did you feel before attempting the mission?

EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

OBSTACLES & SUCCESSES: What went better than expected? What was the hardest part?

■ EVENING REFLECTION & INSIGHTS

KEY INSIGHT: What was your biggest 'aha!' moment from today's practice?

DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 2 CHALLENGE

Day 2: Reach out to one person on LinkedIn you haven't connected with in months.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
- Visualized successfully completing today's mission.

My primary goal today, besides the challenge, is to: _____

■ EXECUTION LOG & METRICS

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EXECUTION LOG: Describe exactly what happened, step-by-step. Who, what, where, when?

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DEV-SPECIFIC APPLICATION: How can this skill improve your code reviews, team collaboration, or work on NEETPrepGPT?

KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 3 CHALLENGE

Day 3: Ask someone senior for advice on a career or technical challenge.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 4 CHALLENGE

Day 4: Invite someone from your network for a virtual coffee chat.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
- Set a clear intention for today's social interactions.
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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 5 CHALLENGE

Day 5: Introduce two people in your network who could benefit from knowing each other.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

- Reviewed this week's Knowledge Module concepts.
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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 6 CHALLENGE

Day 6: Offer specific help to someone in your developer community without them asking.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■■ MORNING MINDSET & INTENTION

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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

■ TODAY'S MISSION: DAY 7 CHALLENGE

Day 7: Pitch your AI project (NEETPrepGPT) to 2 new LinkedIn connections.

SUCCESS METRICS:

■ Mission Completed (Y/N) | ■ Comfort Level: ____/10 | ■ Outcome Quality: ____/10

■ MORNING MINDSET & INTENTION

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- Set a clear intention for today's social interactions.
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My primary goal today, besides the challenge, is to: _____

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KNOWLEDGE CONNECTION: How did today's experience connect to the week's Knowledge Module?

■ ACTION ITEMS & TO-DO

- _____
- _____
- _____

Week 7 Performance Review

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■ TECH & CAREER INTEGRATION

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Action Step: What's one developer or AI founder you will connect with next week?

■ QUANTITATIVE RESULTS

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AVERAGE COMFORT LEVEL: Day 1: ____ Day 7: ____ (Improvement: ____)

SUCCESS METRIC ACHIEVEMENT: How well did you hit this week's metric?

Connection Depth Metric: Did your interaction lead to concrete next steps? Track: Follow-up planned
(Yes/No) + relationship investment level (1-10)

■ QUALITATIVE INSIGHTS

BIGGEST BREAKTHROUGH: What was your most significant 'aha' moment?

PATTERN RECOGNITION: What patterns did you notice in your social behavior?

KNOWLEDGE APPLICATION: How did the pre-week learning help your practice?

■ MASTERY ASSESSMENT

TRANSFORMATION SUMMARY: How have you changed since Week 1?

SKILL MASTERY: Rate each skill (1-10): Self-awareness: ____, Response control: ____, Listening: ____,
Communication: ____, Empathy: ____, Conflict resolution: ____, Relationship building: ____

ONGOING PRACTICE PLAN: How will you maintain and continue growing these skills?

SOCIAL MASTERY ACHIEVED

Final Transformation Assessment

BEFORE vs. AFTER ASSESSMENT:

Week 1 Comfort Level: ____/10 Week 7 Comfort Level: ____/10

Most Significant Transformation in your developer workflow:

New Social Superpowers Acquired:

1. _____ 2. _____ 3. _____

NEETPrepGPT IMPACT: How will these new skills accelerate your project's launch, user feedback gathering, and potential team building?

CAREER IMPACT: How will these skills help you achieve your goals as an AI Engineer/Founder?

ONGOING PRACTICE PLAN: How will you maintain and expand these abilities?

■ CONGRATULATIONS! ■

You now possess the systematic communication skills to build any relationship and influence any outcome.
Your AI/health-tech career will benefit immeasurably.

Social & Career Achievement Badges

- ■ First LinkedIn tech connection made
- ■ First open-source collaborator onboarded
- ■ First AI project demo delivered (NEETPrepGPT)
- ■ First successful professional introduction made
- ■ First technical mentorship call completed
- ■ Positive code review feedback received
- ■ Pitched your project to a potential user/stakeholder
- ■ Organized a study or collaboration session

Add your custom badges as you progress!
