# Personalized Social Mastery Journal

Name: Arun Yadav

Location: Prayagraj, UP

Main Project: NEETPrepGPT (AI-powered medical education)

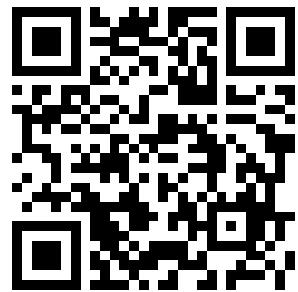Career Goal: AI Engineer/Founder

Learning Focus:

1. Python Mastery
2. FastAPI
3. Git workflow
4. OpenAI API
5. Product Launch
6. Professional Networking
7. Social Skill Engineering

**This journal is crafted for you—a growth-minded developer & founder.**

Quick Actions:

- Pitch NEETPrepGPT to 3 LinkedIn contacts this week
- Ask 1 senior dev for feedback on your code
- Share one social-win on LinkedIn/GitHub

**Quick log (scan with phone):**

# PROGRESSIVE SOCIAL MASTERY SYSTEM

A 7-week scaffolded system tailored for developers & founders

# WEEK 1 KNOWLEDGE MODULE

## Emotional Intelligence & Self-Awareness

Micro-learning: Engineers with high EQ are more likely to lead projects effectively.

*Application: Reflect on how this applies to your role as a future leader.*

## ■ DAY 1 PROGRESSIVE CHALLENGE

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

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:
BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 2 PROGRESSIVE CHALLENGE

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

SUCCESS METRICS:
- ■ Challenge completed ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

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## ■ DAY 3 PROGRESSIVE CHALLENGE

**Day 3: Ask 1 person a simple logistical question.**

SUCCESS METRICS:
- ■ Challenge completed ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

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## ■ DAY 4 PROGRESSIVE CHALLENGE

**Day 4: Give 1 genuine compliment.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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## ■ DAY 5 PROGRESSIVE CHALLENGE

**Day 5: Ask a follow-up question.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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## ■ DAY 6 PROGRESSIVE CHALLENGE

**Day 6: Have a 3-turn conversation.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or breakthrough today on LinkedIn/GitHub? If yes, paste link:

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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## ■ DAY 7 PROGRESSIVE CHALLENGE

**Day 7: Initiate 2 brief conversations.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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# Week 1 Performance Review

## ■ 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 your weekly metric?
Binary Success Metric: Yes/No + comfort 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

WEEKLY ACTION CHALLENGES:

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

• Ask for feedback on your code from one senior dev (who?):

• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# WEEK 2 KNOWLEDGE MODULE

## Response Control & Emotional Regulation

Micro-learning: Engineers with high EQ are more likely to lead projects. *Adjectation: Reflect how this applies to your role.* projects. *Reflect how this applies to your role as a future leader.*

## ■ DAY 1 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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WHAT TO ADJUST: What will you do differently in similar situations?

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BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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## ■ DAY 2 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 3 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

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BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 4 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

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BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 5 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or a win today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 6 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 7 PROGRESSIVE CHALLENGE

**Use tactical pause...**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

# Week 2 Performance Review

## ■ 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 your weekly metric?
Response time metric

## ■ 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

WEEKLY ACTION CHALLENGES:

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

• Ask for feedback on your code from one senior dev (who?):

• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# WEEK 3 KNOWLEDGE MODULE

## Active Listening & Deep Communication

Micro-learning: Engineers with high EQ are more likely to lead projects. *Reflect how this applies to your role.* Adjenusion: Effect, challenge applies to a stron get leader.

## ■ DAY 1 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

_____

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

_____

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

_____

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

_____

WHAT WORKED: What specific technique or approach was most helpful?

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WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

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Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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_____

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## ■ DAY 2 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

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PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

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**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

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## ■ DAY 4 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

_____

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

_____

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

_____

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

_____

WHAT WORKED: What specific technique or approach was most helpful?

_____

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_____

SKILL DEVELOPMENT: Which communication skill improved most today?

_____

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

_____

How did today's communication growth impact your coding, networking, learning, or project launches?

_____

## ■ DAY 5 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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## ■ DAY 6 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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## ■ DAY 7 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

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TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

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# Week 3 Performance Review

## ■ 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 your weekly metric?
No metric provided for this week.

## ■ 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

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• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# WEEK 4 KNOWLEDGE MODULE

## Clear Communication & Assertiveness

Micro-learning: Engineers with high EQ are more likely to lead projects. *Reflect how this applies to your role* Adjentasion: Effect challenge appes to sumngec *leader.*

## ■ DAY 1 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
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## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

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WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 2 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 3 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 4 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, or project launches?

## ■ DAY 5 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

_____

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

_____

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

_____

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

_____

WHAT WORKED: What specific technique or approach was most helpful?

_____

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

_____

SKILL DEVELOPMENT: Which communication skill improved most today?

_____

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

_____

How did today's communication growth impact your coding, networking, learning, or project launches?

_____

## ■ DAY 6 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

# Week 4: Progressive Social Lab

Day 7 | Monday, October 20, 2025

## ■ DAY 7 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

_____

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

_____

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

_____

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

_____

WHAT WORKED: What specific technique or approach was most helpful?

_____

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?
Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

_____

SKILL DEVELOPMENT: Which communication skill improved most today?

_____

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

_____

How did today's communication growth impact your coding, networking, learning, or project launches?

_____

# Week 4 Performance Review

## ■ 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 your weekly metric?
No metric provided for this week.

## ■ 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

WEEKLY ACTION CHALLENGES:

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

• Ask for feedback on your code from one senior dev (who?):

• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# WEEK 5 KNOWLEDGE MODULE

## Empathy & Perspective-Taking

Micro-learning: Engineers with high EQ are more likely to lead projects. *Reflect how this applies to your role. Adjustmention: Every challenge makes us stronger leader.*

## ■ DAY 1 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 2 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 3 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:
BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

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## ■ DAY 4 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 5 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 6 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 7 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

# Week 5 Performance Review

## ■ 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 your weekly metric?
No metric provided for this week.

## ■ 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

WEEKLY ACTION CHALLENGES:

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

• Ask for feedback on your code from one senior dev (who?):

• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# WEEK 6 KNOWLEDGE MODULE

## Conflict Resolution & Difficult Conversations

Micro-learning: Engineers with high EQ are more likely to lead projects. *Adjudication: Reflect how this applies to your role.*

## ■ DAY 1 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 2 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 3 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or a social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 4 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

_____

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

_____

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

_____

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

_____

WHAT WORKED: What specific technique or approach was most helpful?

_____

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?
Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

_____

SKILL DEVELOPMENT: Which communication skill improved most today?

_____

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

_____

How did today's communication growth impact your coding, networking, learning, or project launches?

_____

## ■ DAY 5 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning moment or breakthrough today on LinkedIn/GitHub? If yes, paste link:
BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 6 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 7 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

# Week 6 Performance Review

## ■ 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 your weekly metric?
No metric provided for this week.

## ■ 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

WEEKLY ACTION CHALLENGES:

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

• Ask for feedback on your code from one senior dev (who?):

• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# WEEK 7 KNOWLEDGE MODULE

## Relationship Building & Network Cultivation

Micro-learning: Engineers with high EQ are more likely to lead projects. *Reflect on how this applies to your role.* Adjenrasion: Effect challenge applies to a stronge leader.

## ■ DAY 1 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed   ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 2 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 3 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed    ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

_____

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

_____

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

_____

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

_____

WHAT WORKED: What specific technique or approach was most helpful?

_____

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

_____

SKILL DEVELOPMENT: Which communication skill improved most today?

_____

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

_____

How did today's communication growth impact your coding, networking, learning, or project launches?

_____

## ■ DAY 4 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 5 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 6 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

Did you share a learning or social breakthrough today on LinkedIn/GitHub? If yes, paste link:

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

## ■ DAY 7 PROGRESSIVE CHALLENGE

**No challenge available for this week.**

SUCCESS METRICS:
- ■ Challenge completed  ■ Comfort: ___/10
- ■ Key learning: _____

## ■ EXECUTION & METRICS TRACKING

PRE-CHALLENGE MINDSET: How are you feeling before attempting this challenge?

EXECUTION DETAILS: Describe exactly what happened when you tried the challenge:

COMFORT LEVEL: Rate your comfort (1=terrifying, 10=completely natural): ___/10

SUCCESS METRICS: Did you achieve the specific goal? ■ Yes ■ Partial ■ No

WHAT WORKED: What specific technique or approach was most helpful?

WHAT TO ADJUST: What will you do differently in similar situations?

## ■ DAILY GROWTH REFLECTION

BREAKTHROUGH MOMENT: What surprised you most about today's social interaction?

Did you share a learning or a breakthrough today on LinkedIn/GitHub? If yes, paste link:

SKILL DEVELOPMENT: Which communication skill improved most today?

TOMORROW'S PREPARATION: How will you build on today's progress tomorrow?

How did today's communication growth impact your coding, networking, learning, or project launches?

# Week 7 Performance Review

## ■ 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 your weekly metric?
No metric provided for this week.

## ■ 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?
RELATIONSHIP IMPACT: Which relationship improved most this week?

## ■ TECH & CAREER INTEGRATION

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

• Technical collaboration (code review, study group, feedback)?

• Networking (LinkedIn, Twitter, expert outreach)?

## ■ WEEKLY ACTION CHALLENGES

WEEKLY ACTION CHALLENGES:

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

• Pitch NEETPrepGPT to 3 new LinkedIn connections (copy your pitch below):

• Ask for feedback on your code from one senior dev (who?):

• Reach out to an expert for advice on product launch (who?):

• Post one short insight on GitHub/LinkedIn and paste the link here:

# Social & Career Achievement Badges

■ First LinkedIn tech connection

■ First open-source collaborator onboarded

■ First AI project demo delivered

■ First successful professional introduction

■ First technical mentorship call completed

**Add your custom badges as you progress!**

# SOCIAL MASTERY ACHIEVED

How will these skills accelerate your NEETPrepGPT and AI career goals?