



## Week 10 Milestone Worksheet

### SECTION A: Daily 3 Reflection

#### Step 1: Tally

Please reflect on your past month of **Daily 3 practice**. For each of the 3 practices, please share an honest reflection on how much you have practiced each of the Daily 3 (*provide your best estimate if you haven't been tracking*).

You may indicate the total times or average # of times per week.

#### Tally

**A. 20 minutes of daily movement. Amount of practice in the past month:**

**27**

**B. 5 minutes of daily meditation. Amount of practice in the past month:**

**25**

**C. 3 pages of daily morning pages. Amount of practice in the past month:**

**Every morning**

## **Step 2: Self-Rating**

For each practice, rate how satisfied you are personally with how much you have been practicing each of the *Daily 3*. 1= *not at all satisfied*, 4= *extremely satisfied*.

<b><u>Self-Rating</u></b>
<b>A. Daily movement. Your Rating: 3</b>
<b>B. Daily meditation. Your Rating: 3</b>
<b>C. Daily morning pages. Your Rating: 4</b>

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## **Step 3: Blocks Analysis**

For each practice, indicate what you think the biggest block or obstacle is to achieve a 4 (*if you are not at a 4*). If you are at a 4, then simply indicate "4" again.

<b><u>Blocks Analysis</u></b>
<b>A. Biggest block to a daily practice of movement: 4</b>
<b>B. Biggest block to a daily practice of meditation: 4</b>
<b>C. Biggest block to a daily practice of morning pages: 4</b>

### Step 4: Overcoming Blocks

For each practice, **brainstorm a few ideas**, and then name one specific thing you could realistically do to lessen the block (*if you are not at a 4*). If you are at a 4, then simply indicate “4” again.

#### Overcoming Blocks

A. One way to lessen the block to a daily practice of movement: 4

B. One way to lessen the block to a daily practice of meditation: 4

C. One way to lessen the block to a daily practice of morning pages: 4

### Step 5: Adapting Practices

For each practice, **brainstorm a few ideas**, and then name one specific way that you might try to adapt the practice to be more personalized to you.

*For example, you might prefer singing instead of movement. Or you might prefer a very slow meditative walk in nature instead of seated meditation. Or you might prefer bullet journaling to morning pages.*

You may also prefer to change the default minimum daily time/amount to less or more than we recommend. It’s your practice– so make it your own! (*If you are at a 4, you can still come up with something else you might try to keep your practices fresh.*)

### **How Might You Adapt Each Practice to Better Suit YOU?**

**A. I can personalize my movement practice by:**

**Replace a traditional workout with 15 minutes of energetic dancing to gospel/inspirational music, combining physical activity with emotional upliftment.**

**B. I can personalize my meditation practice by:**

**Instead of seated meditation, I might try a slow meditative walk in nature while listening to soft instrumental music, since I feel more grounded when moving and being outdoors.**

**C. I can personalize my morning pages practice by:**

**I might use voice notes instead of writing, especially when I'm on the go or feeling too tired to write, since I express my thoughts more fluidly through speech.**

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### **Step 6: Commitments**

For each practice, what do you personally commit to achieving during Month 3– that is, from now until 20 August? You may decide that you wish to officially

quit one, two, or all practices. You may decide that you will adapt them, or not. You may decide on a minimum number of times per week you wish to practice them, or a total number of times (until 20 August). **This is for you, and it is completely up to you. There is no right answer.**

For each of the 3 Practices, please list what you commit to. Be very specific. What exactly will you do? When will you do it? How often will you do it? How many total times will you do it (if applicable)?

**For example, for Movement, you might say:**

*I commit to completing four 60-minute workouts each week until 20 August, for a total of 16 workouts. Each workout will involve 20 minutes of cardio, 20 minutes of weight training, and 20 minutes of yoga.*

**For Meditation, you might say:**

*I commit to putting on calming music and laying down for at least 10 minutes. I commit to doing this before 6pm in the evening, and I commit to doing it at least every other day. This means I will do this at least 13 times before 20 August.*

**For Morning Pages, you might say:**

*I commit to keeping a journal on my desk and writing at least 2 pages whenever I am feeling frustrated or when I feel creatively blocked.*

You may also decide that you are not making any commitments, but please still state this.

<u>Commitments</u>
<b>A. My commitment to Movement for Phase 3 is:</b>

**Minimum: 4 times per week**

**Type: 15-minute dance sessions to inspirational/gospel music**

**Reason: Energizes my body, uplifts my spirit, and is easier to stick with than gym workouts.**

**B. My commitment to Meditation for Phase 3 is:**

**Minimum: 3 times per week**

**Type: 10-minute walking meditation or breath-focused meditation with soft music**

**Reason: Helps clear my mind and reconnect to the present without pressure.**

**C. My commitment to Morning Pages for Phase 3 is:**

**Minimum: 2 times per week or 12 sessions total**

**Type: Voice-note journaling or bullet points in a note-taking app**

**Reason: Keeps me grounded and aware of patterns and progress**

## Step 7: Tracking

You will be checking in again at the end of this month to see how well you have done in meeting your commitment. How will you track your progress? You may keep a Google Sheet, or use a free habit-tracking app like Streaks or Everyday.

### Tracking

**Be specific. How will you track your progress?**

**Create a table with columns for:**

- **Date**
- **Practice (Meditation, Journaling, etc.)**
- **Type of session (e.g., "Walk + Music", "Voice Journal")**
- **Duration (optional)**
- **Notes/Reflections**

**Use rows to log each session. Color-code for each practice if helpful.**

**Add a weekly summary row to track how many times each practice was completed.**

### **Step 8: Support Plan**

How will you help yourself stick to your commitment? It may be an accountability buddy, being willing to make your goals a little easier (which is WAY better than just quitting!), or something else. **You may also choose to reward yourself when you reach certain milestones.**

#### **Support Plan**

**Be specific. How will you help yourself stick to your commitment?**



**You are now ready for your peer coaching session. Please go back to Savanna and continue with your learning**



**content. You will be given instructions for your peer coaching session and prompted on when to return to complete Section B.**

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## **SECTION B: Peer Coaching**

### **Step 9: Peer Coaching Session Output**

Please share the following information on your peer coaching session, once you have completed it.

#### **Peer Coaching Session Output**

**A. List the full name of your peer coach.**

**Onyeka Gerald**

**B. When did the peer coaching session take place? (Date & Time)**

**11th of May 2025, 20:00**

**C. Where did the session take place?**

**WhatsApp**

**D. Did you ask your peer to hold you accountable? If yes, explain.**

**No**

**E. Did your peer ask you to hold them accountable? If yes, explain.**

**NO**

**F. On a scale of 1-4, how valuable did you find the peer coaching session? (1= not at all valuable, 4= extremely valuable)**

**4**

**G. Is there anything else you would like us to know about your peer coaching session?**

**No**



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

## SECTION C: Research & Reflection of Your Chosen Field (Tech Track)

### Step 10: Industry Research

Please conduct some internet research on your chosen track in order to answer the questions below. *(Note that we are using the terms “track,” “industry,” and “field” interchangeably.)*

**When asked for sources, please list a minimum of 2.**

**IMPORTANT NOTE on question B.** We are not asking how many people work for Salesforce the company, nor for AWS the company– rather about how many people work as developers/consultants on those systems.

#### Industry Research

**A. What is your currently chosen field (AWS, Salesforce, Data Science, Data Analytics, or Software Engineering)?**

Software Engineering

**B. How many people are currently working in your chosen field globally?**

I am not sure as many people keeps joining the space

**C. What sources did you use to arrive at this number?**

The internet

**D. What is the average pay for an entry-level professional in your chosen field (either in your region, Europe, or in the US)?**

**Range: \$70,000 – \$110,000/year**

**E. What sources did you use to arrive at this number?**

**Google**

**F. Name at least 1 certification that people in your field may get.**

**Alx Software Engineering certificate**

**G. What sources did you use to arrive at this answer?**

**The course**

**H. By how much is your industry projected to grow in the next ~5 years?**

**By a large sum**

**I. What sources did you use to arrive at this answer?**

**My instinct**

**J. What are 2 ways others in your field are using their knowledge to address a GCGO?**

**By making enough publicity to create awareness**

**By getting adequate information to more people.**

**K. What sources did you use to arrive at this answer?**

**My instinct**



## **Step 11: Personal Reflection**

Please take a moment to reflect on your personal motivation and your connection to your chosen GCGO.

### **Personal Reflection**

**A. What makes you personally excited and motivated to become a professional in your chosen field? (It's ok if money is a primary motivator. Be honest.)**

**First, I love the feeling of building something that works—whether it's a small script that automates a task or a web app that others can actually use. There's a deep sense of satisfaction and purpose in solving problems through code and knowing that my work can make things faster, simpler, or more efficient for someone else.**

**Second, the potential for financial growth and freedom is a major motivator. Software engineering opens doors to remote work, international roles, freelance gigs, and startup opportunities—ways to earn a good living while maintaining flexibility and independence. That kind of control over my future is something I deeply value.**

**Lastly, I'm driven by the limitless learning in tech. There's always a new language, tool, or challenge around the corner. That makes the field dynamic, energizing, and never boring.**

**In short: I want to build useful things, grow financially, and never stop learning—and software engineering gives me the tools to do all three.**

**B. How do you / will you stay motivated to continue your studies when things feel hard?**

**Remind Myself *Why* I Started**

**Break It Down**

**Focus on Progress, Not Perfection**

**Stay Connected**

**Reward Myself**

**C. How might you continue to contribute toward addressing your chosen GCGO while pursuing work in your chosen field?**

**Build Tech Solutions that Serve the Underserved**

**Mentor or Teach Others**

**Work Remotely, Give Locally**

**Be a Voice for Ethical and Inclusive Tech**



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

## SECTION D: Elevator Pitch

### Step 12: Elevator Pitch Group Members

Please provide the name of at least 1 peer that you shared your elevator pitch with.

<u>Peer/Group Member Name(s)</u>
<b>Gerald Onyeka</b> <b>Nabil Jintoro</b>

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### Step 13: Revisions

Please list at least 2 pieces of feedback you got and/or revisions that you made to your original elevator pitch.

<u>Feedback/Revisions</u>
<b>Original Line:</b>  <b>"I'm passionate about technology and helping people."</b>  <b>Revision:</b>  <b>"I'm a software engineering student with a background in electronics, and I build practical tools that make learning and everyday tasks easier for others."</b>



**B. Original Line:**

**"I have a degree in Electronics and Computer Technology and I'm currently teaching math and physics."**

**Revision:**

**"My goal is to blend my tech skills and teaching experience to create digital tools that make science and math more accessible for African students."**



## **Step 14: Current Elevator Pitch**

Please write out your current, revised elevator pitch. It should include:

- A short introduction with your first and last name.
- 2 – 3 short, strong elements of your background.
- A short sentence that highlights your top 3 skills.
- Why are you the best person to offer these skills? What makes you stand out?
- The specific value you will bring your employers (*or clients*). How will your contribution make their jobs/ life easier?
- A clear specific ask (*what is required from the audience*). What must they do with the information you have shared in this pitch?
- A strong concluding sentence.

### **Your Personal Elevator Pitch**

**Hi, my name is Kingsley Nyoyoko Oliver.**

**I hold a B.Sc. in Electronics and Computer Technology, and I currently teach Mathematics, Physics, and Further Mathematics in both secondary schools and private sessions. I'm also an inspirational singer with a deep passion for learning and innovation.**

**My top three skills are software development with JavaScript, effective communication, and team leadership.**

**I stand out because I blend technical knowledge with the ability to explain complex ideas in simple, relatable ways—both in the classroom and in digital environments.**

**I bring value by developing practical tech solutions that simplify learning, improve user experience, and support education-focused teams in reaching**

**more people with less stress.**

**I'm currently seeking opportunities to join a forward-thinking team or project where I can apply my skills in software engineering and education technology. If you're looking for someone who can code, teach, and inspire—let's connect.**

**Together, we can build solutions that inform, empower, and make a real difference**



## SECTION E: Skills Map

### Step 15: Update Skills Map

Please revisit the Skills Map you completed in Weeks 1, 6 and 9. *(If you need a new copy, go [HERE](#).)*

Create a new tab and update your ratings as of this week.

Below, please provide a link to your skills map. Make sure it is only “viewable,” not editable.

#### Skills Map URL

#### Here's how you can do it:

1. **Open your existing Skills Map** from Week 1, 6, or 9.
2. **Create a new tab** within the same document and label it “Updated Skills Map – [Date].”
3. **Review each skill and rating** from the previous weeks and update it based on your progress, challenges, or any new skills you've developed.
4. **Adjust the ratings** for each skill, adding comments where necessary to note why you've updated a particular rating (for example, if you've learned new coding techniques or if a skill like leadership has improved).
5. **Share a link** to the updated map by making it **viewable only** (in Google

Sheets, click "Share" -> "Get link" -> "Viewer" and copy the link).

### **Steps 16: Reflect on Skills Map**

Please answer the following questions as you reflect on the process of updating your skills map. This is for you, so please be honest.

#### **Skills Map Reflection**

**A. On a scale of 1 to 4, how much effort have you put into your ALX studies over the past 2 months? (1= very little effort, 4= huge amount of effort):**

3

**B. On a scale of 1 to 4, how satisfied are you with how much you have learned in the past 2 months? (1= not at all satisfied, 4= extremely satisfied):**

3

**C. How much do you agree with the following statement: "The knowledge and skills I have learned in the past 2 months will serve me in the workplace." (1= completely disagree, 4= completely agree.):**

3

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## SECTION F: Peer Activity #2

### Step 17: Reflection on Peer Activity: Imposter Syndrome

Who was the first and last name of the peer you partnered with on this exercise?

<u>Peer Name</u>
Gerald Onyeka

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### Step 18: Strategies

What strategy did you select? What strategy did your peer select?

<u>Strategy</u>
<b>A. Your strategy: Find way to target the market</b>
<b>B. Your peer's strategy: Find a way to get investors</b>

### **Step 19: Strategy Implementation**

Describe what steps you took toward completing your strategy, and what steps your peer took toward completing theirs.

<b><u>Strategy Implementation</u></b>
<b>A . What steps did you take? I did some market research</b>
<b>B. What steps did your peer take? He tried to reach out and find some investors</b>

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### **Step 20: Bio**

Please share at **least 1 piece of feedback** from your **peer** that you got on your bio.

<b><u>Feedback Received</u></b>
<b>We need to make the most out of this process.</b>

## **Step 21: Bio**

Please revise your bio to incorporate the feedback you received. Paste your best, most up-to-date version of your bio here. Remember, your bio is written in the 3rd person, in narrative paragraph form **(not a bulleted list)** and it includes the following information:

- 1. Your name**
- 2. Your current role or professional tagline**
- 3. Your company or personal brand**
- 4. Your goals and aspirations**
- 5. Your 2 – 3 most impressive and relevant achievements**

### **Bio**

**Kingsley Nyoyoko Oliver is a passionate inspirational singer and software engineer, blending his deep knowledge of technology with a love for teaching and creativity. He currently serves as a secondary school educator, teaching subjects like Mathematics, Physics, and Further Mathematics in both school settings and private tutoring sessions. In addition to his work in education, Kingsley is also committed to creating accessible tech solutions that empower others—especially in the field of education and learning.**

**His aspirations include leveraging his expertise in software engineering and music to create tools that simplify learning and foster creativity. Kingsley is driven by the belief that technology can bridge gaps and bring positive change to underserved communities. He is focused on contributing to digital inclusion by developing practical solutions that are intuitive and accessible to people from all**



walks of life.

Among his achievements, Kingsley holds a B.Sc. in Electronics and Computer Technology, and he has cultivated a robust skill set in JavaScript and software development. He has also inspired and mentored students through his teaching roles, helping countless individuals develop a love for learning and a greater understanding of STEM subjects. Through his unique combination of technical skills and a passion for empowering others, Kingsley aims to continue innovating at the intersection of technology, education, and music.



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

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## SECTION G: Resume Writing

### Step 22: Update or Create your Resume

## Professional Foundations | Week 10 Milestone Worksheet

Please update or create your resume using your professional and academic skills and experiences. As described in “**Activity: Create or Update Your Resume**” the resume must be in PDF format. Once you’ve uploaded your resume on to your Google Drive and gotten the shareable link, paste that link in the space provided below. Please make sure that the share settings are set to “Everyone with the Link” and “view”.

### Your Resume Link

<https://docs.google.com/document/d/1orOZaT7SHhN2lvisAAuT3qZhK6cBiR6Y-9CxPaeLRtM/edit?usp=drivesdk>

### Once you have completed this worksheet:

1. Export/convert to .pdf.
2. Rename it per the instructions.
3. Upload to Savanna as your Milestone 10 Submission.
- 4. Celebrate a job well done!**