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# **Week 10 Milestone Worksheet**

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# **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.

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| **Tally** |
| 1. **20 minutes of daily movement. Amount of practice in the past month:**   I practiced this about 4–5 times a week on average, totaling approximately 18–20 sessions over the past month. Some days were shorter walks or stretching, while others included more intentional movement like workouts or longer walks. I’ve noticed that even short sessions help ground me for the day.   1. **5 minutes of daily meditation. Amount of practice in the past month:**   This was the most inconsistent of the three. I managed to meditate around 2 times per week, so roughly 8 sessions in total. I often remembered the value it brings afterward, but building the habit daily has been a challenge.   1. **3 pages of daily morning pages. Amount of practice in the past month:**   I completed morning pages about 3–4 times per week, averaging around 14 sessions this month. On the days I did them, I felt clearer and more focused throughout the day. The biggest barrier was time in the morning, especially on hectic days. |



**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.*

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| **Self-Rating** |
| 1. **Daily movement. Your Rating: 2**   I’ve been moving here and there—walking or doing a few stretches—but I haven’t been consistent or intentional about it. I know I feel better when I do, so I’m slightly satisfied but definitely want to improve.   1. **Daily meditation. Your Rating: 1**   Honestly, I haven’t been meditating regularly at all. I know it would help me with clarity and calm, but I haven’t committed to it yet. So, I’m not satisfied with this area right now.   1. **Daily morning pages. Your Rating: 3**   I’ve been writing more often, especially when I need to clear my mind or process things. I haven’t made it a strict daily practice, but I do feel more connected to myself when I write. I’m moderately satisfied with this one. |



**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.

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| **Blocks Analysis** |
| 1. **Biggest block to a daily practice of movement:**   Lack of structure and planning. I often get caught up in work or mentally drained, so I don’t schedule movement intentionally. It ends up being an afterthought.   1. **Biggest block to a daily practice of meditation:**   Mental resistance. I struggle to slow down and sit still, especially when my mind is racing or I feel like I should be “doing” something more productive. I also haven’t built the habit yet, so it doesn’t come naturally.   1. **Biggest block to a daily practice of morning pages:**   Time pressure in the mornings. I tend to jump into the day quickly or reach for my phone, and that disrupts the quiet time I’d need for writing. Sometimes I also avoid writing when I’m not ready to face what’s on my mind. |



**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.

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| **Overcoming Blocks** |
| 1. **One way to lessen the block to a daily practice of movement:**   I could set a 10-minute timer after work or during lunch just for stretching or light movement, something short and doable. Making it part of a routine (like right after brushing my teeth or before dinner) could help me build the habit without overthinking it.   1. **One way to lessen the block to a daily practice of meditation:**   I can start really small like just 2 minutes of breathing before bed or right after waking up. Using a meditation app with reminders might help lower the resistance and make it feel more guided and less intimidating.   1. **One way to lessen the block to a daily practice of morning pages:**   I can keep my notebook and pen right next to my bed and commit to just writing a few sentences before I check my phone. Keeping it low-pressure and consistent could help me make it automatic over time. |



**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.)*

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| **How Might You Adapt Each Practice to Better Suit YOU?** |
| 1. **I can personalize my movement practice by:**   Choosing intuitive movement instead of strict workouts like dancing to music I love, walking while listening to a podcast, or doing yoga stretches that feel good to my body. I can also lower the pressure by aiming for just 5–10 minutes daily and letting that be enough. Movement doesn’t have to be intense—it just needs to feel nourishing.   1. **I can personalize my meditation practice by:**   Trying meditative walks outside, especially in the early morning when it’s quiet. Nature calms me down, and walking helps me stay present without feeling trapped in stillness. I could also experiment with guided visualizations or affirmations, since I respond well to intentional self-talk and structure.   1. **I can personalize my morning pages practice by:**   Switching to a voice note or typing instead of handwriting when I’m short on time or too tired to write. I could also try bullet journaling or writing just one sentence to capture my current mood or thoughts. This way, it still counts—even if it’s short—and I stay connected to the practice without pressure. |



**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.*

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| **Commitments** |
| 1. **My commitment to Movement for Phase 3 is:**   I commit to moving my body for at least 10 minutes a day, 4 times a week, until 20 August. This can be dancing, stretching, walking, or yoga, whatever feels good that day. I will aim to do it in the morning before breakfast or in the evening after work. This means I will complete at least 28 movement sessions by 20 August.   1. **My commitment to Meditation for Phase 3 is:**   I commit to doing a 5-minute guided meditation or quiet breathing practice, every evening before bed, at least 3 times a week. I’ll use an app or soft music to help me stay grounded. That’s a minimum of 21 meditation sessions by 20 August.   1. **My commitment to Morning Pages for Phase 3 is:**   I commit to writing at least one page in my journal 3 times a week, preferably in the morning before I check my phone or start work. If I miss the morning, I’ll do it before bed instead. My goal is to complete at least 21 pages by 20 August. |



**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](https://streaksapp.com/) or [Everyday](https://everyday.app/).

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| **Tracking** |
| **Be specific. How will you track your progress?**  I will track my progress using a Google Sheet that has three columns labeled: Movement, Meditation, and Morning Pages. I’ll create rows for each day from now until 20 August and place a checkmark (✔) in the box when I complete each practice.  At the end of each week, I’ll review the sheet to see how many sessions I completed and note any patterns (like which days I tend to miss or which practices feel easiest). I’ll also add a weekly note column for reflections or adjustments. |



**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.**

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| **Support Plan** |
| **Be specific. How will you help yourself stick to your commitment?**  To help myself stick to my commitment, I will:   * Use a weekly Sunday evening check-in to update my Google Sheet, reflect on my progress, and adjust my goals if needed (instead of abandoning them if I fall behind). * Set phone reminders for movement (9 AM), meditation (9:30 PM), and morning pages (7:30 AM) so I don’t rely on memory. * Keep all tools visible and accessible, journal on my nightstand, yoga mat near my bed, and a meditation playlist saved on my phone. * Be flexible and kind to myself: If a full session isn’t possible, I’ll still count small efforts, like 2 minutes of meditation or a half-page of journaling, toward progress. * Reward myself with a small treat (like a solo coffee date, new book, or relaxing bath) every time I complete a full week of all three practices.   If I miss a few days, I won’t quit, I’ll reset gently and just keep going. |



**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.**



# **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.

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| **Peer Coaching Session Output** |
| 1. **List the full name of your peer coach.**   Calvin Ndegwa   1. **When did the peer coaching session take place? (Date & Time)**   2nd June 1500 hrs   1. **Where did the session take place?**   Google Meet   1. **Did you ask your peer to hold you accountable? If yes, explain.**   Yes. I asked Calvin to check in with me weekly via text to see how I’m doing with my movement, meditation, and morning pages commitments. Knowing he’ll follow up gives me extra motivation to stay consistent.   1. **Did your peer ask you to hold them accountable? If yes, explain.**   Yes. Calvin asked me to remind him every Sunday evening to update his habit tracker and reflect on any blocks. I agreed to send a quick check-in message and encouragement to help him stay on track.   1. **On a scale of 1-4, how valuable did you find the peer coaching session? (1= not at all valuable, 4= extremely valuable)**   4 – extremely valuable. Talking through my blocks and goals out loud helped me gain clarity, and Calvin offered really supportive insights. The accountability piece makes everything feel more real.   1. **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.**



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# **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.

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| **Industry Research** |
| 1. **What is your currently chosen field (AWS, Salesforce, Data Science, Data Analytics, Software Engineering or Creative Tech)?**   Data Science   1. **How many people are currently working in your chosen field globally?**   As of 2023, there are approximately 2.5 million data scientists worldwide. This number is projected to increase significantly due to the growing demand for data-driven decision-making across industries.   1. **What sources did you use to arrive at this number?**   U.S. Bureau of Labor Statistics (BLS)  The Sun Jobs   1. **What is the average pay for an entry-level professional in your chosen field (either in your region, Europe, or in the US)?**   In the United States, the average salary for an entry-level data scientist is approximately $108,020 per year, with entry-level positions starting around $80,000. Top earners can make over $190,000 annually   1. **What sources did you use to arrive at this number?**   The Sun Jobs   1. **Name at least 1 certification that people in your field may get.**   One recognized certification is the IBM Data Science Professional Certificate, which prepares individuals for entry-level data science positions through a series of courses covering data science methodology and hands-on projects.   1. **What sources did you use to arrive at this answer?**   Coursera   1. **By how much is your industry projected to grow in the next ~5 years?**   The data science industry is projected to grow by 36% from 2021 to 2031, which is substantially faster than the average for all occupations.   1. **What sources did you use to arrive at this answer?**   U.S. Bureau of Labor Statistics (BLS)   1. **What are 2 ways others in your field are using their knowledge to address a GCGO?**   Healthcare: Data scientists are analyzing patient data to predict disease outbreaks and improve treatment plans, thereby enhancing public health outcomes.  Environmental Conservation: By analyzing environmental data, data scientists are helping to develop strategies for wildlife conservation and sustainable resource management.   1. **What sources did you use to arrive at this answer?**   The Sun Jobs |



**Step 11: Personal Reflection**

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

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| **Personal Reflection** |
| 1. **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.)**   I’m excited about becoming a data scientist because I love working with data to uncover patterns and insights that can make a real difference. The power of data to solve complex problems and drive better decisions motivates me deeply. Of course, financial stability and a good salary are important to me, but my main drive is the impact I can create by helping organizations and communities make smarter choices through data.   1. **How do you / will you stay motivated to continue your studies when things feel hard?**   When things get tough, I remind myself of the bigger picture—the positive change I want to be part of and the career I’m building for my future. Breaking my goals into smaller, manageable steps helps me avoid overwhelm. I also lean on my support system—mentors, peers, or even this coaching process—and celebrate small wins along the way to keep my energy and confidence up.   1. **How might you continue to contribute toward addressing your chosen GCGO while pursuing work in your chosen field?**   I plan to use my data skills to work on projects that address global challenges like healthcare and environmental conservation, whether through volunteering, contributing to open data initiatives, or choosing employers aligned with these goals. I want to apply data science not just as a job, but as a way to make a meaningful difference in the world. |



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



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# **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.

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| **Peer/Group Member Name(s)** |
| **Simon Edwin** |



**Step 13: Revisions**

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

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| **Feedback/Revisions** |
| A. Simon suggested I make my pitch more concise by focusing on the key value I bring as a data scientist, cutting out less essential details.  B. He also recommended I include a specific example of how I want to use data science to solve real-world problems, to make the pitch more relatable and memorable. |



**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.

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| **Your Personal Elevator Pitch** |
| Hi, I’m Patience Simuli Simiyu, a passionate and detail-oriented data science specialist with a strong background in telecommunications engineering and machine learning. I have hands-on experience analyzing complex datasets and building predictive models that drive smarter decision-making.  My top skills include data analysis, statistical modeling, and automation using Python and machine learning frameworks. What sets me apart is my ability to combine technical expertise with real-world problem-solving to deliver actionable insights that improve business outcomes.  I bring value by helping organizations unlock the power of their data, streamline processes, and make data-driven decisions that save time and reduce costs. I’m eager to contribute my skills to a team focused on innovative, impactful projects.  I would love the opportunity to discuss how my skills can support your company’s goals and help you leverage data for success. Let’s connect and explore how I can add value to your team. |



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# **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*](https://docs.google.com/spreadsheets/d/1gw8fExvZgvSWDzcOiTEGdp0_DH4KACojBzlBNjkq0Zc/copy)*.)*

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.

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| **Skills Map URL** |
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**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.

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| **Skills Map Reflection** |
| 1. **On a scale of 1 to 4, how much effort have you put into your ALX studies over the past 2 months?**   3 - I’ve put in consistent effort and dedication, though there have been some distractions and challenges that slowed me down at times.   1. **On a scale of 1 to 4, how satisfied are you with how much you have learned in the past 2 months?**   3 - I am generally satisfied with my progress and the knowledge I have gained, but I know there is still room to deepen my understanding.   1. **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.”**   4 - I completely agree that the skills and knowledge I’ve acquired are practical and will directly benefit me in a professional environment. |



# **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?

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| **Peer Name** |
| **Simon Edwin** |



**Step 18: Strategies**

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

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| **Strategy** |
| 1. **A. Your strategy:**   I selected the strategy of practicing positive self-talk and keeping a “wins” journal to remind myself of my achievements and progress when imposter feelings arise.   1. **Your peer’s strategy:**   Simon selected the strategy of seeking regular feedback and mentorship to gain perspective and reassurance about his skills and growth. |



**Step 19: Strategy Implementation**

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

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| **Strategy Implementation** |
| **A. What steps did you take?**  I started a “wins” journal where I record daily or weekly achievements, no matter how small, to reinforce my confidence. I also practice positive affirmations each morning to counteract negative self-talk and remind myself of my capabilities.  **B. What steps did your peer take?**  Simon began reaching out to his mentor more regularly for feedback and guidance. He also scheduled weekly check-ins with his manager to discuss his progress and areas for improvement, which helps him feel more grounded and confident in his work. |



**Step 20: Bio**

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

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| **Feedback Received** |
| **My peer, Simon, told me that my bio effectively highlights my technical skills and passion for data science, but suggested I add a bit more about my personal motivations and long-term goals to make it more engaging and relatable.** |



**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**

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| **Bio** |
| **My name is Patience Simuli Simiyu, and I am a passionate Data Science professional with a background in telecommunications engineering and machine learning. I am currently deepening my skills through ALX, driven by a strong desire to use data to solve real-world problems and create meaningful impact. My goal is to work on innovative projects that tackle global challenges, especially in areas like healthcare and environmental sustainability. Some of my proudest achievements include developing predictive models that improve network optimization and automating data extraction processes to boost efficiency. I bring a unique combination of technical expertise and a genuine commitment to making a positive difference through my work.** |



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



# **SECTION G: Resume Writing**

**Step 22: Update or Create your Resume**

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”.

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| **Your Resume Link** |
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**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!**

