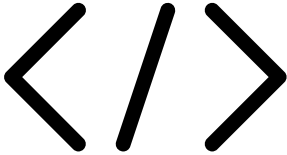**CTRL + SPEAK**

10 Phrases

For your next stand up meeting

Yesterday

- Yesterday I worked on implementing the [feature name].
- I finished debugging the issue with the [feature name].

Today

- Today I'm continuing to work on [Module name.].
- I'll be reviewing the pull requests from the team this morning.
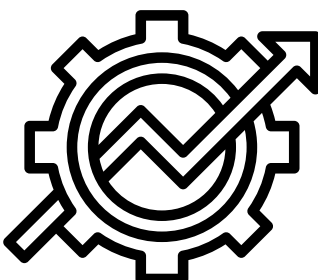- I plan to start refactoring the [old code name]

Blockers

- I am currently blocked by a block in the API response. I will synch with [name] after this call.
- I am waiting for the design team to finalize the Figma before I can move forward.

Asking For Help

- Could someone clarify the expected behavior for [feature]
- I am unsure about the logic in [file name] Can we take a quick look after the meeting?

Advanced Phrase

- I'd like to suggest breaking this task into smaller tickets, it may help with clarity and review.