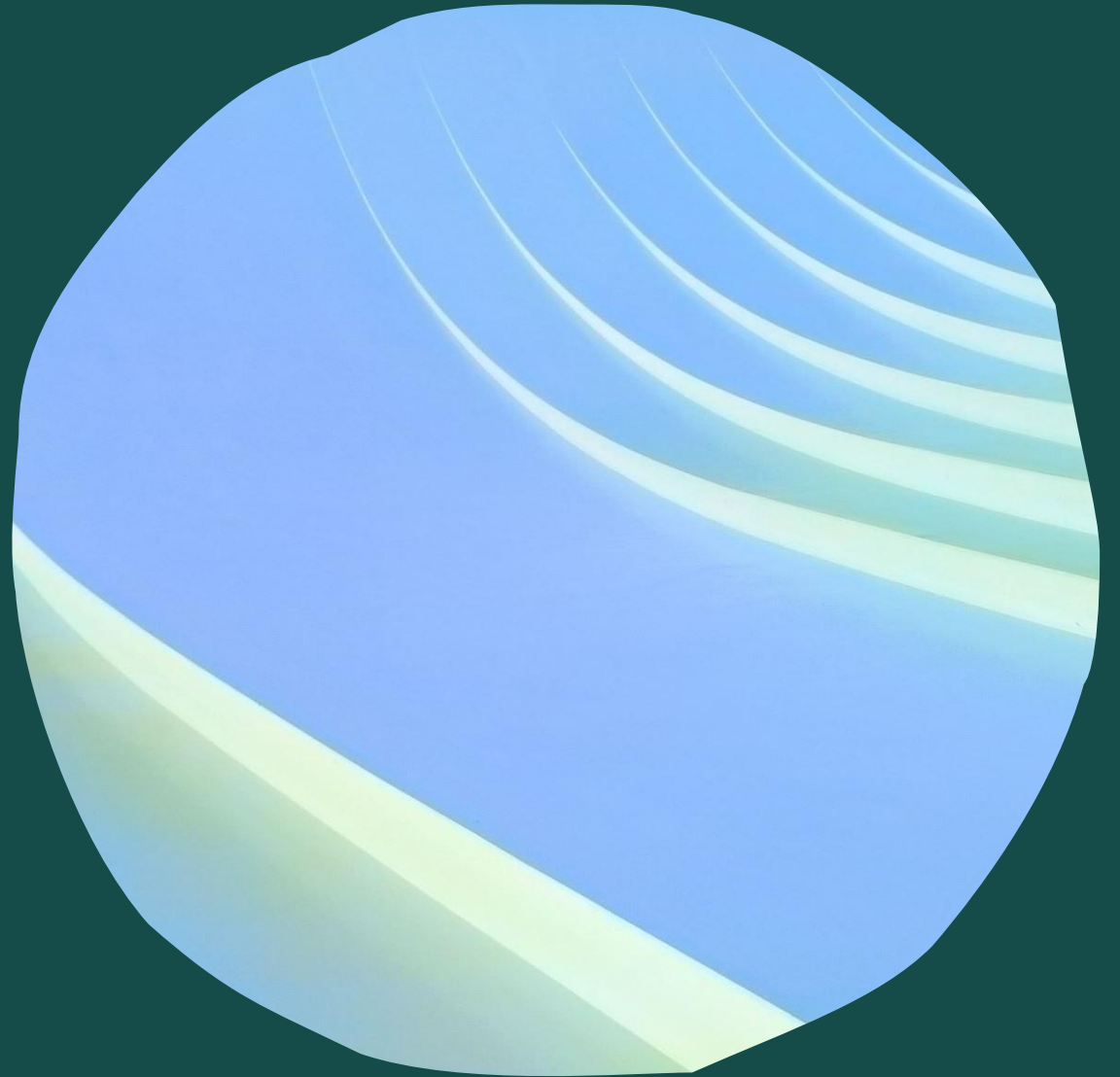




ONE THING I WISH TO CHANGE

*I want to be more
productive*



Why is it so hard to make change in my life

- 1. I don't have any specific goals**
- 2. Starting too late in the day**
- 3. Live in a very comfortable zone**

My initiatives to improve

- Make a list of the things I want to accomplish in a day, such as getting up early and jogging.
- Trying to push myself to finish a lot of tasks since the morning in order to have a productive day

things I want to do everyday

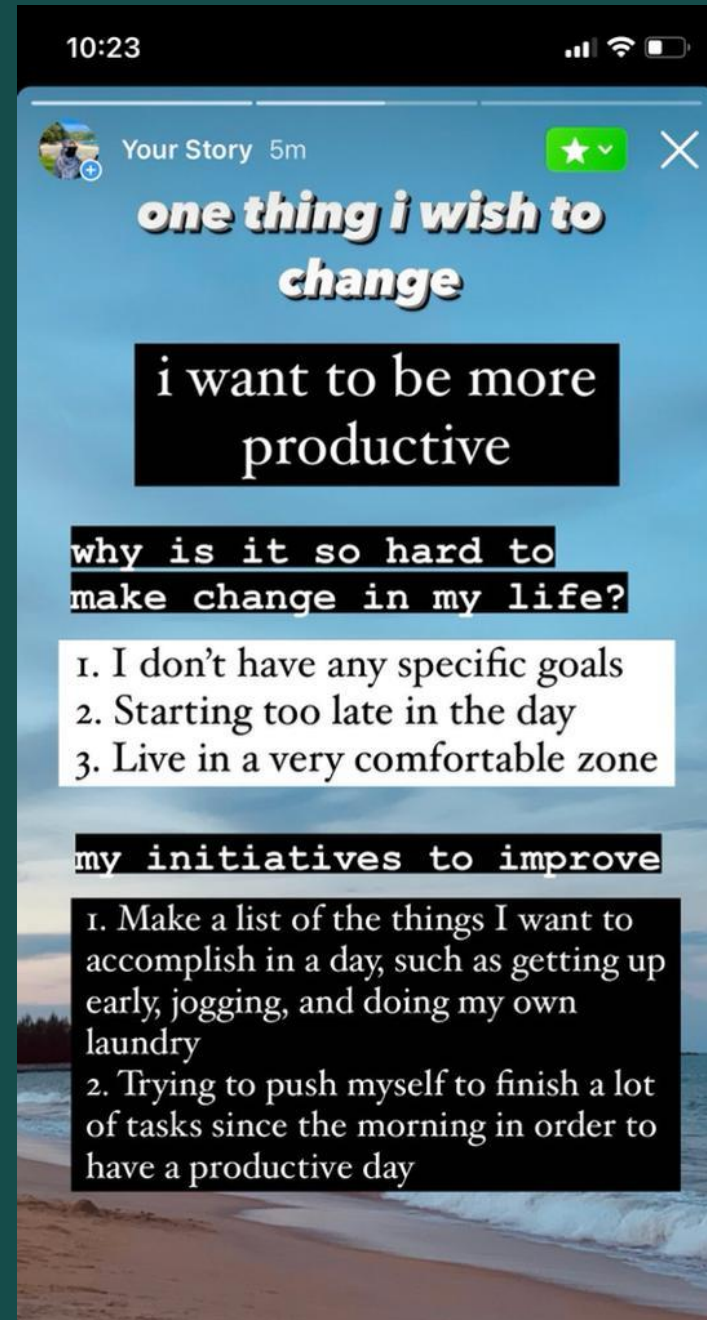
<u>6.00am</u> -wake up 	<u>8.00am</u> -class/study 
<u>1.00pm-2.00pm</u> rest	<u>2.00pm-6.00pm</u> class/study
<u>6.10pm</u> -playing badminton/jogging 	<u>9.00pm</u> -study/do homework 
<u>10.30pm</u> -sleep 	

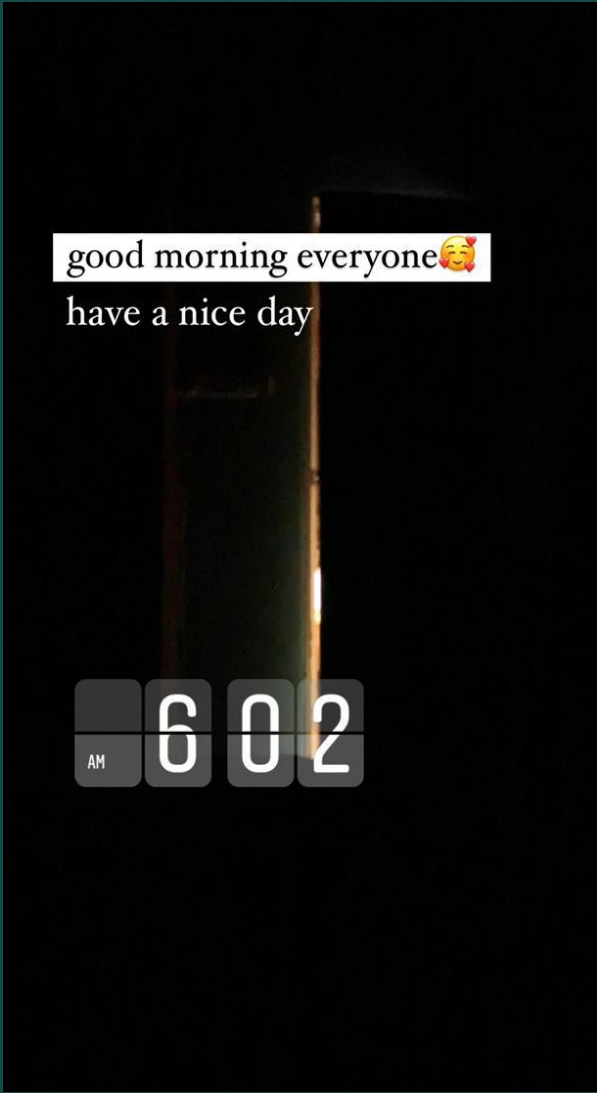


REWARD
MYSELF



Tell my close friend about my goal





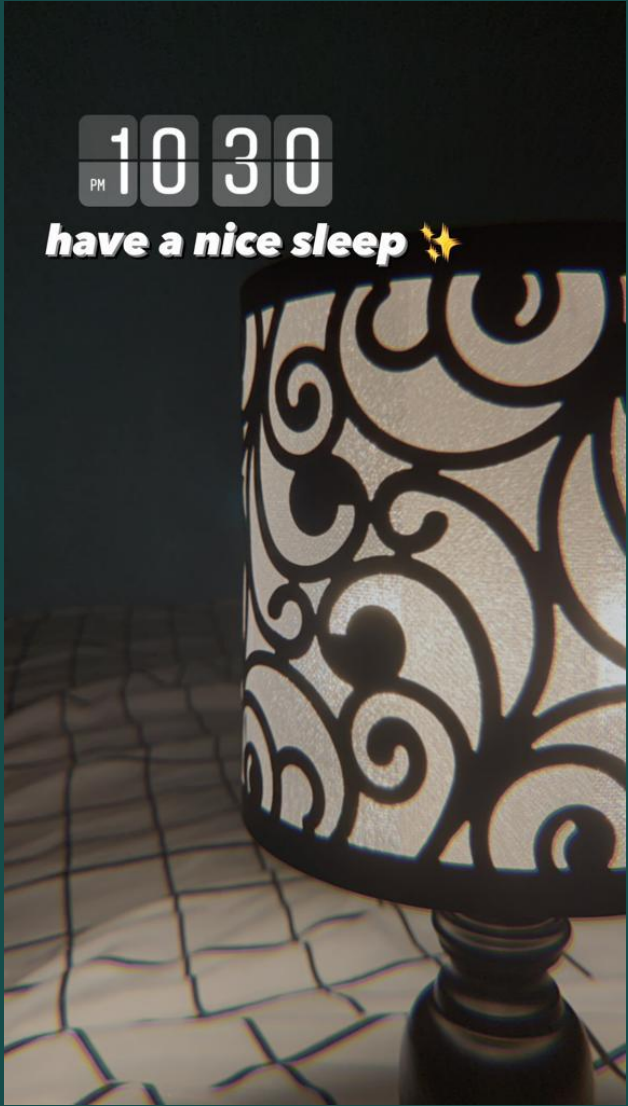
Day 1



Day 1



Day 2



Day 2

THANK YOU

