Take charge of your learning: I like to believe that I am very good at following instructions, abiding by the rules and being a team player, however I feel like I do struggle when it comes to going out of my way to learn more for my own sake as opposed to a team project. Disciple in allowing myself the time to learn and review over doing other things with my time will be challenging as I take a long time to get into or break habits. Setting certain time apart to study will be important for me but also ensuring that we aren’t doing it halfway.

Team up: I believe myself to be a good team player and am happy with working harder for the sake of the team, however at times I feel like I will do more than I should or my idea for projects will be different to others resulting in a lack of interest from my side. There have been quite a few times when working on projects my interest is instantly lost with just the mention what we decided to do and ends with me only committing half-heartedly to the project. Then on the opposite side, if it is a project that I want to do, I find myself to be a little obsessive over the result being perfect that I may spend hours even days on the smallest thing that may not make the big difference to others but a big difference for myself. (Once you have an idea, you want to see that idea come to live, not a variation, perfection, or nothing, but it can be a huge waste of time if you’re editing the same thing over and over trying to find that “sweet spot”).

Prioritize self-care: Once I invest and get going with projects it is very difficult to get me away from it, I can spend hours at a time working on something and forget about things like posture, food, drinks etc. I occasionally set reminders to do these things, but I tend to ignore them and once my focus is broken it can take a good while to get it back. Taking time to prepare (water bottle, snacks etc.) before commencing the project helps a lot but forcing myself away and outside, even for a short while, is difficult once we are “in the zone”.