“Are you willing to do anything in order to win?” “Always.”

“Happiness does not come from achieving or having a particular achievement/ having a particular things”

Those two lines will be the guiding force of myself. I maybe forget it like I usually do. But this time, I will etch those into my brain, my subconscious, Because I want to feel happy, I do not want to be miserable. So what should I do in order to win?

Mindset: Always have a positive mindset in everything. When I do what I supposed to do, I pat myself in the back, but still moving forward. If I do something wrong, I will acknowledge what I did wrong, why did I do it and I will congratulate myself for getting out of it.

Health: Everyday, I should spend at least 1 hour of exercise, because it will I will get more mileage out of the food I ate. Food must be vegetables, meat, and noodles. Snacks should be consumed lightly.

Schedule: A set schedule of what needs to be done will be written before the event happen so I have a clear goal.

Sleep Schedule: Always follow the sleep cycles to ensure the best possible sleep

Knowledge: Read books about ADHD to decrease the amount of distraction in my brain.

Communications books to create skills to make connections and have more chances to find the perfect jobs

Also, read books about managing emotions because this is one of my biggest problems. I easily lashed out. And lashing out does not solve my problem, it only makes it worse in the long run

Diaries/Journals: Should be used to reflect myself and make changes like demos in CSGO

**The schedule between 11:20 - 13:20**

**11:20 - 12:00 Math study 2 chapters**

**12:15 - 13:15: Math homework for 2 chapters**

**13:20 - 14:00 Lunch and break**

**14:15 - 15:15: C++ knowledge**

**15:20 - 15:35: Sleep**

**15:40 - 16:00: Quick exercise**

**16:05 - 17:30: C++ homework**

**17:45: Quick Shower + Dishes**

**18:00: Prepare Dinner**

**18:30 - 19:00 Dinner**

**NOTE: I don’t expect this to go through 100% because this is the first day in the long time I have written myself a schedule like this. But I hope it goes through**

**More to be written**