Dear diary,

Today is a hard day for me. I could not complete the mid-term test in a way that I wanted to. Why? Because I didn’t set up for the test effectively. Like many other students who are bad at managing their time. I waited until almost the end to care about the test. I didn’t write a summary or review the concept I learned that week. All it comes down to the expected result. When I know the final score, I will be a little bit sad. Mixed with anger and disappointment because how much time I wasted doing useless activities.

In order to overcome it, I need to accept that it already happened and I cannot change the end result anymore. The only thing I can change is the future. Let’s run down a little bit. On February 29th, I will have an English test and I will have a math test in the start of March. And I have to balance it out with the job I possibly will get to pay the rent and prepare a present for my girlfriend.

-> Setup a schedule on paper and stick to it

And I also have a hard time concentrating on doing what needs to be done. Like studying for a test or just following a goal I set.

The main issue is I am acquainted with doing nothing but eating, playing, studying a little bit and then going to sleep. Because of the bad habit, doing something else that is beneficial to me is absolutely hard

-> Setup a counting habit so i can see the progress on getting familiar with better habits going forward

What kind of habit I need right now?

1. Use electronic devices for entertainment for only a specific amount of time during the day
2. Do every chores with speed and precision
3. Everyday going back from a class, I need to review the concepts I learnt and do exercises related to what I learned that day. So that I don’t have to waste summary it again
4. Start to read books at least 30 minutes a day
5. Going to the library or find a social activity instead of lying home all day doing nothing
6. Doing at least 45 minutes of exercise everyday
7. Learn to talk and make friends with anyone you think you can make
8. Write at least 1 diary everyday to reflect on what I have done and improve on it

So that’s the things that need to be done for me to improve. I am going to read a book before calling my girlfriend. Goodbye diary, see you tommorow.