**What I want to change and why**

1. **Improve English listening and speaking** because my listening and speaking is intermediate and I want to be proficient as for securing CPT both listening and speaking is crucial without effective communication it’s almost impossible to get placement in any company.
2. **Manage evening time** so that I can finish my daily assignment and study within the same day and next morning I can focus on learning other things like algorithm, data structure, Java core concept etc.
3. **Read self-development book at least for 10 to 15 min just before bed** because being away from electronic device before sleep improves sleep quality and reading self-development books helps in personal growth, lifelong learning and enhance communication skill.