**Introduction**

This is the first personal report that I have written in order to evaluate myself. As I have not done one until now, this may be somewhat longer than others as I have more to cover. I will try to keep this short and concise, to outline the points as best as possible. What I aim to do with a report such as this, is to have a general look at my performance up until this report alongside other notable events and evaluate issues and strengths in what I have done so far. I will then take this and conclude what I need to do. This is used to adapt my action plan.

**Performance**

Up until now, I have had little planning and control over my lifestyle, a trait I have always held as I do not like the idea of feeling “robotic” in my lifestyle. However, I must note that this is not helping and is responsible for me falling back in some areas of work and has caused me to miss a notable number of sessions and is responsible for my unacceptable standards for studying and revision. Linked with this, my lack of motivation and sleep issues are giving a negative impact on my work, wherein I continue to offset tasks and miss important tasks. I will state that despite, the setbacks and issues I have managed to stay strong and determined to keep going.

**Conclusion**

In short, all of my academic studies are being affected by my poor lifestyle that I have clung to for too long. What I will need to work on from here on out, is allocating my time better by producing a rough time table to follow. It should allocate most of the day to academic studies and work, with a window in the evening for recreational activities (to retain the balance that I want). I need to aim to do some programming work every day and study up on what I have learned each day at the end of it. I should strive to make a balanced schedule that can be flexible around other activities too (e.g. Shopping, traveling, etc.).