# Daily tasks:

## make bite-sized notes

- make c_functions notes
- make reverse notes (assembly, tricks, obfuscation, etc.)
- make pwn notes (heap stuff)
- flashcards

## practices

- complete a simple reverse challenges(crackme)
- complete an intermediate pwn (hard rop, heap, etc.)
- make rough notes along the way

## readings

either one:

- 1 track B material (heavy, so learn small)
- wiki (deep dive into stuff you learn from CTFs)

## school stuff

- c++ past papers practicing, readings, notes making
- comp2711 papers practicing, readings, notes making

## extra-curricular

- guitar
- rope jumping

## life-style

- fruits
- eat breakfast
- talk to people
- regular sleep and wake up time (12:00 am to 6:00 - 8:00 am)
- join hkust activities
- pwn & reverse before lunch
- lunch break for 1 hour from 1:30 pm to 2:30 pm.
- Check emails only during lunch break, dinner
- dinner for 1 hour from 8:00 pm to 9:00 pm.
- wind down at 11:00 pm

# mindset

- be happy seeing overwhelming, unfamiliar stuff. Consume them, make them your bitches
- balance competitiveness and chillness
- consistency
- accumulative
- practical
- easy to hard. Consume slowly by practicing more
- Overkill

# brief timetable

to achieve the above rules:

- sleep at 12:00 am
- wakes up at 6:00 -7:00 am
- complete a simple reverse challenge
- go to school (talk to people) and do pwn
- lunch break
- rope jumping (you bring rope to locker and practice at somewhere like lg1 sports hall)
- study academic stuff and read track B materials. If you feel like done, do pwn.
- go back home at 7:00/8:00 pm, 8-9 pm / 9 - 10 pm dinner break with fruits and walking
- 9:00 / 10:00 pm - 11:00pm, fix the rough notes, guitar

# to do:

- print the above out, put it in side your pocket, ipad. Follow the rules straightly everyday
- if you get overwhelmed by just following it, do not join comp3633