

NOTES - OCT 27 2023

PLANNING OF CHANGE MYSELF BE BETTER PERSON



INTRODUCTION

My name is Nguyen Giang. In Oct, 2023, I've decided to make this plan because I'm hating myself at the moment. I would like to see myself, a better version in future, maybe in next 6 months, 12 months or 2 years, 5 years. No matter how long it takes, I'm going to look at this plan every day. I will have reflections every week about myself such as What Changed and What Did Not. **This is the message I want to say to myself tomorrow. "You just need to work on little things / small things first, as long as you keep working on it. One day it will make a big impact on your life". "Sometimes, we have to do what we don't want to do!"**

BEHAVIOR CHANGES

- **CONFIDENT:** Be more confident, believe in yourself and what you're doing!
- **FOCUS:** Be more focused and stay away from distractions.
- **POSITIVE:** left NEGATIVE behind and looking forward to POSITIVE.
- **RESISTANT, "Never Give Up":** Keep working hard, fail then try again. Accepting failures and learning from mistakes. Do Not Give Up!!!
- **SELF-IMPROVEMENT:** Keep learning, making yourself better day by day.
- **BRAVE:** facing challenges and learning how to overcome it.
- **INDEPENDENT:** start working on things independently unless it's necessary to get help!!!
- **SOCIAL IMPROVEMENT & COMMUNICATION:** Start expanding relationships. Talk more, be nice, friendly, actively listen more and make more friends.
- **DISCIPLINE:** Once giving out the plan, do it, following the schedule, be on time.
- **STOP COMPLAINING :** No matter how hard things are, no complaining about it, because complaining is just wasting yourself energy.
- **STOP COMPARING :** Don't compare your life with others. Every life is different, including yours and theirs. To achieve a good, better, wonderful, and amazing life, just focus on your own life and make it better day by day in your ways."

LIFESTYLE CHANGES

- **SLEEP ADJUSTMENT:** Go To Bed at around 10:30 PM and Wake Up at 5:30 AM.
- **EXERCISES:** Having workout about 15 to 20 minutes every day.
- **MEALS:** Having 3 meals a day, avoid unhealthy foods.
- **STAY HYDRATED:** Take in at least 5 bottle of water (Warm is recommend)
- **DISTRACTIONS REDUCE:** spend less time on social media, games and toxic entertainment sources.
- **STAY CLEAN:** Having shower at least one per day, brush teeth after meal (if possible)
- **STAY ORGANIZE:** Cleaning room more often, organizing clothes, making things in the right places.
- **START LEARNING ENGLISH:** Watching English tutorials and trying to communicate in English frequently.