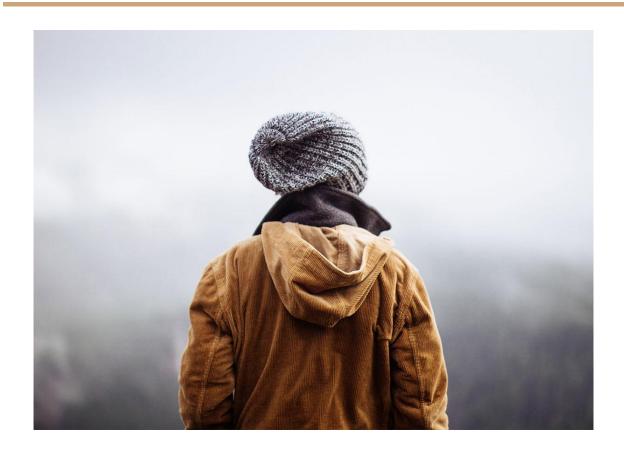
PLANNING OFCHANGE MYSELF BE BETTER PERSON



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.