Motivation

1. Communicate more with people in the work place.
2. Life would be lighter because of the peers you will gain by communicating more.

Mentor

1. Myself. I have to communicate whether on email, jabber, viber and personal.
2. I don’t think I need a class or course on communicating.

Milestone

1. When I come to a point that I no longer feel left out or out of placed in work.
2. Communicate more.

Monitor

1. When my circle of friends at the work place are getting bigger or smaller.
2. People in the work place who knew me.

Modify

1. No. for me that is the only basis to know if I’m improving or not.
2. Talking to people is the best way to improve communicating skills.