Motivation:

1. Reading a books and article
2. I’ll become more knowledgeable to the lot of things and it will improve my conversation quality.

Monitor:

1. Nothing, I can create my new habit as my own.
2. No, it’s only need to self-discipline.

Milestone:

1. Improve my decision making, self-discipline, communication improvement.
2. Reading or watching movie related to my interest.

Monitor:

1. Excited because in my routine, I know that I’ve learned a lot more
2. My friends, because I know they cares about me

Modify:

1. Yes
2. Yes