Sure, here are some resources for each topic that you can focus on for the next month:

1. Spring Boot:

* Spring Boot Documentation: <https://docs.spring.io/spring-boot/docs/current/reference/html/>
* Spring Boot Tutorial by Baeldung: <https://www.baeldung.com/spring-boot>
* Spring Boot in Action Book: <https://www.manning.com/books/spring-boot-in-action>

1. Angular:

* Angular Documentation: <https://angular.io/docs>
* Angular Tutorial by Angular University: <https://angular-university.io/getting-started-with-angular>
* Angular in Action Book: <https://www.manning.com/books/angular-in-action-second-edition>

1. React:

* React Documentation: <https://reactjs.org/docs/getting-started.html>
* React Tutorial by React Tutorial Point: <https://www.tutorialspoint.com/reactjs/index.htm>
* Fullstack React Book: <https://www.fullstackreact.com/>

1. Problem Solving:

* LeetCode: <https://leetcode.com/>
* HackerRank: <https://www.hackerrank.com/>
* Codewars: <https://www.codewars.com/>

These resources should give you a good foundation to work from over the next month. Remember to set achievable goals and work consistently every day. Don't be afraid to ask for help or seek out additional resources if you need them. Good luck!