

Goals to a better life

Things to do better in life, may take some time but i promise it will be worth it

"Stand up for what you believe in, even if it means standing alone"

"Seek respect, not attention. It lasts longer"

"Only i can make the changes to my life that i want, no one can do it for me"

Main goals

- ☐ You are exercising well but you need to stop eating as much
- ☐ Revise much more, this is not GSCE, you need to revise
- ☐ Try not to game as much, do it from time to time since you enjoy it but dont do it more than 1 and a half hours per day
uninstall some games to stop the temptation.
- ☐ Go to sleep at half 10, any later and you will do much worse in the day