# 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

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