

# self-improvement programme(detailed)

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# daily better

- ❖ all notes deciphered n clean & look through for a big picture
- ❖ no more watching, listening to internet after 10 p.m.
- ❖ watch videos only by assigning in advance
- ❖ better to watch 5 min excerpts from different
- ❖ look through, adjust and think of improving the content
- ❖ try to hold only essential
- ❖ for later satisfaction about a week gone
- ❖ for later satisfaction about what to do next

# my own language-stuff

- **one hour studying chinese on my own+Manga Mandarin**
- **half an hour on characters(+10 new)**
- to stay in the library for a while to study languages for a while each
- study japanese/ korean+exposure
- at least 7 words on JCK wholly (in the context)
- study and practice russian simultaneously



# feel good/fresh/harmony

- eating moderately
- toweling gently
- **morning & evening neatness**
- **ritual(face+teeth+feet)+pyjama(soft getting up+soft going to sleep)**
- ventilate regularly
- face care+ice (+massage)
- lingering sweet perfume+hairstyling+good image+neat clothes+brushed teeth
- self-expression
- keep in touch
- journaling before bed
- face care before bed

