

From The Desk of Your Coach



The Successful Plan

When you make your plans, consider that they do not have to be big, but achievable.

For example:

- jogging for 30 minutes every day,
- getting up early,
- eating regularly,
- playing games for one hour,
- putting your phone in your bag while in classes,
- recording new English words for 3 minutes every day...

There are many other plans you can have every day. Once you complete one at a time your small plans daily, you become stronger every day. Your life will also gradually improve every day. You will be surprised how much your life has improved daily when you do this.

So, let's do this together. You can do this. If you have any questions, please ask me. I will be more than happy to help you. I am here to help you achieve your goal in your daily life in 2017.

Let's keep up the good work!

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