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| Goals      | Be focused: Finish writing an article  | Be flexible: I may not have the inspirations for the writing, so that I think I could finish a Toefel reading |
| Knowledge  | Be aware: I could finish it after going back from school (at 4:30)   | Be wary: I could finish the reading before 7:00 because there are 2 readings for the reading test.            |
| Analysis   | Be objective: This is a good decision because I could arouse some of my past memories, and put them into a new article.  | Be optimistic: I think I could accomplish this goal because the maximum time required is almost an hour.      |
| Plan       | Be practical: I can't finish all of the article in a day, so I am thinking about separate them into different parts, for today it could be the brainstorm and the first paragraph. | Be magical: I think that my reading could be 25+ if I started to follow my plan of do every 2 readings a day. |
| Reflection | Be careful: Write your plans and a schedule paper, mark as done as soon as you finished each section.  | Be open: I checked vocabulary when I have misunderstanding in the article.                                    |