

MY HABITS

Everybody has good and bad habits. These get already in his childhood and usually he keeps them for all his life. I would like to describe my habits to you with the example of my normal day.

I always get up at 7 am, my phone wakes me up. I brush my teeth, it takes me longer, because I do it very precisely. While I have breakfast I watch TV. Then my online lesson begins and I write carefully all the important information in a notebook. After my online lessons I do my homework. At 4 pm my climbing training begins three times a week. Before and after climbing I always stretch myself, it is my ritual and well invested time into my health. In the evening I check Edookit and Teams, if I have everything ready for the next day. Every evening I watch a film or play a game on Playstation. I go to sleep quite late.

Some of my habits take me a lot of time, for example I check everything after myself many times. This can make people around me impatient. I should also go to bed earlier.

I think that people who have good habits are more successful in their lives.

