



DAILY ROUTINE OF SUCCESSFUL STUDENTS

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Annotation: This article analyzes the principles of an effective daily routine for successful students, based on the concepts from the 'Time for growth' youtube video. The article argues that academic success is rooted in strategic energy management rather than just long hours of studying. The main strategies discussed include: establishing 'Morning victory' by delaying phone use and tackling the most challenging task first, implementing deep work sessions separated by quality, screen-free breaks to maximize learning efficiency, and prioritizing sleep and recovery as essential elements for cognitive consolidation and sustained productivity. The article encourages students to embrace discipline and strategic scheduling for a balanced and high-achieving academic life.

Key words: student success, energy management, daily routine, deep work, time blocking, focus management, eat that frog, productivity, sleep hygiene.

All students have the same 24 hours but why their achievements are different? The answer is hidden in how they use their time efficiently. A channel in Youtube called 'Time for growth' claims that strict rules and forced discipline is not key points. This article analyses daily habits which help to achieve high results during study years.

A successful day starts in the first few minutes. Most students do the same mistake – they scroll social media and check the notifications once they wake up. This means giving away the energy and attention to external noise from the very



beginning. What should be done instead? The first main action should be keeping your gadgets far from your eyes. This part of the day is for self-care and personal growth. The second action include hydration and doing morning exercises to wake up the brain. The third one is called 'Eat that frog' principle: complete the most difficult or unpleasant task of the day during your morning block of high energy and focus. 'Discipline is painful, but the pain of regret is the worse' – Jim Rohn. You have accomplished the biggest task, so the remaining tasks seem much easier. This approach ensures focus on the tasks that have the highest impact.

Studying for a long time does not equal good results. The goal is to maximize your focus while you are working. The video suggests using specific blocks of time. The actions include three steps again. Deep work sessions: study intensively for 45–60 minutes at a time. During these blocks, there should be zero distractions - no notifications, no internet surfing, just focus. This is where you do your deep work. Recharge with quality beaks: after each study session, take a 10–15 minute break. Importantly, do not spend this time on your phone! Walk around, look outside, or simply rest your eyes. The breaks are for recharging your mental batteries, not draining them on social media. 'If you wait for inspiration to begin work every morning, you will never get anything done' - Pearl Buck says. Respect your finish line: a smart routine includes a clear stopping point. After this time, switch to personal activities like exercise, hobbies, or socializing. Sleep is not a waste of time; it is when your brain processes and saves everything you learned. Aim for 7-8 hours of quality sleep every night.

The 'Perfect daily routine for successful students' is simple: it is about making smart choices with your energy, not your clock. By being disciplined in the morning, studying in focused blocks, and prioritizing genuine rest, you can reduce stress, maximize your learning, and achieve consistent success throughout your academic career.



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