

## THE EARLY BIRD CATCHES THE WORM

**Khusomiddinova Gulrabo**

*Tashkent region, Parkent district, profession No. 2  
school English teacher*

**Abstract:** *This article talks about the meaning and importance of getting up early in a person's success.*

**Key words:** *Success, man, motivation, getting up early, man, goal, dream, communication, virtue.*

Sometimes it seems that success in people depends on heredity. Most people feel angry and jealous towards them. In fact, it is best to follow them and learn their good habits. The reason is that anyone can develop the qualities that help them achieve success. Man is a social being. Communication does not leave them in any situation. For example, it is possible to get a good job through the ability to communicate in conversations. That's why the ability to communicate with people in a sincere and memorable way is an important part of success.

"Your knowledge and position influence the ideas and experiences of the people you interact with," says American businessman Keith Ferrazzi. People who have always achieved their goals take the time to have a reliable and effective conversation with those around them. At the same time, they treat everyone with the same respect.

Since everyone has the same amount of time in a day, some people have time to fulfill their dreams and others don't. It mostly depends on how you spend your free time. Usually we throw it away when we get home from work. It's time to change that. There is only one way to get up early and succeed. This has been proven by research. Because people who wake up early are much more active than those who wake up late, and as they are more attentive during the day, they gain cognitive ability. The most important thing is that someone wakes up to pray, someone to avoid being late for work, and someone to prepare for class or physical education in the morning. tends to get up early to deal with.

There seems to be some correlation between getting up early and being successful. Personally, I am very passionate about achieving perfection in my life, and therefore, I only really benefit from getting up early. Getting up early is especially important for applicants who are preparing to enter a university. Waking up early is not harmful even for a person who has nothing to do. This is really true. Because the one who gets up early will be blessed in his work and blessed in his time. Another thing is that the secret of being in a good mood and being mentally fresh is waking up early. Therefore, it is necessary to have a clear understanding of the need and benefits of getting up early. Because a person who does not know what to do in the morning and does not have a clear plan is more likely to fall asleep again.

You have the time you need to succeed and make your dreams come true. If we add up all the hours and minutes spent on useless activities, it will add up to enough time that matters to you.

Try:

- Early to bed and early to rise.
- Not spending time on social networks.
- Eating energy-giving foods.
- Not watching TV.
- Save time by scheduling phone conversations in advance.

Try not to engage in useless conversations or let them distract you. You'll find yourself getting more done.

To achieve success, you need to set yourself goals and work for them. Helping you achieve your goals by setting them and working towards them. In addition, it will be useful for you to get up early to communicate with people to express your independent opinion and gain insight, and to develop professionally in your chosen direction. Patience and hard work are also important to success. If you wake up at 7 am, you start the day earlier than 70% of people. It is mainly a psychological factor that makes you feel better. A good start is half the battle. Your motivation to complete the rest of the day's tasks will increase. For example, my natural way of working when I get up early is to get to work quickly, the dominant voice in my head saying, "It's been a long time since you've done this, so let's get to this hard task first." This is especially evident when it comes to dealing with the most difficult tasks, the golden tasks (high-impact tasks).

After all, you're doing more dedication, which means you're doing a better job. If you do night tasks, they will consume your sleep time (we have already seen task number 4 the importance of sleeping the necessary time) This afternoon will make me procrastinate, which will be consumed during sleep and will affect the next calendar day. Then the cycle continues the next day. This creates long-lasting habits, as I always rush through the night to complete tasks, extend the time before bed, and wake up exhausted even though he slept more than he worked.

Courage and patience are essential to success. Getting up early gives you the time to find the information you need to make decisions and take the time to complete a task. In addition, masculinity and patience help create a lively atmosphere that allows you to provide energy to achieve your goals. Take time later, a simpler problem and fewer mistakes will direct your current time to work properly.

The time when the mind works best is actually in the morning. Anyone who wakes up at this time will be more energetic and energetic, as well as having a clearer mind. Getting up in the morning has many benefits, not only physical but also mental. A person who gets up early has strong feelings such as love for life and self-confidence. In addition, it is a scientific fact that the majority of long-lived people are people who are used to getting up early.

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