

## Twitter Thread by Mindset Bolt



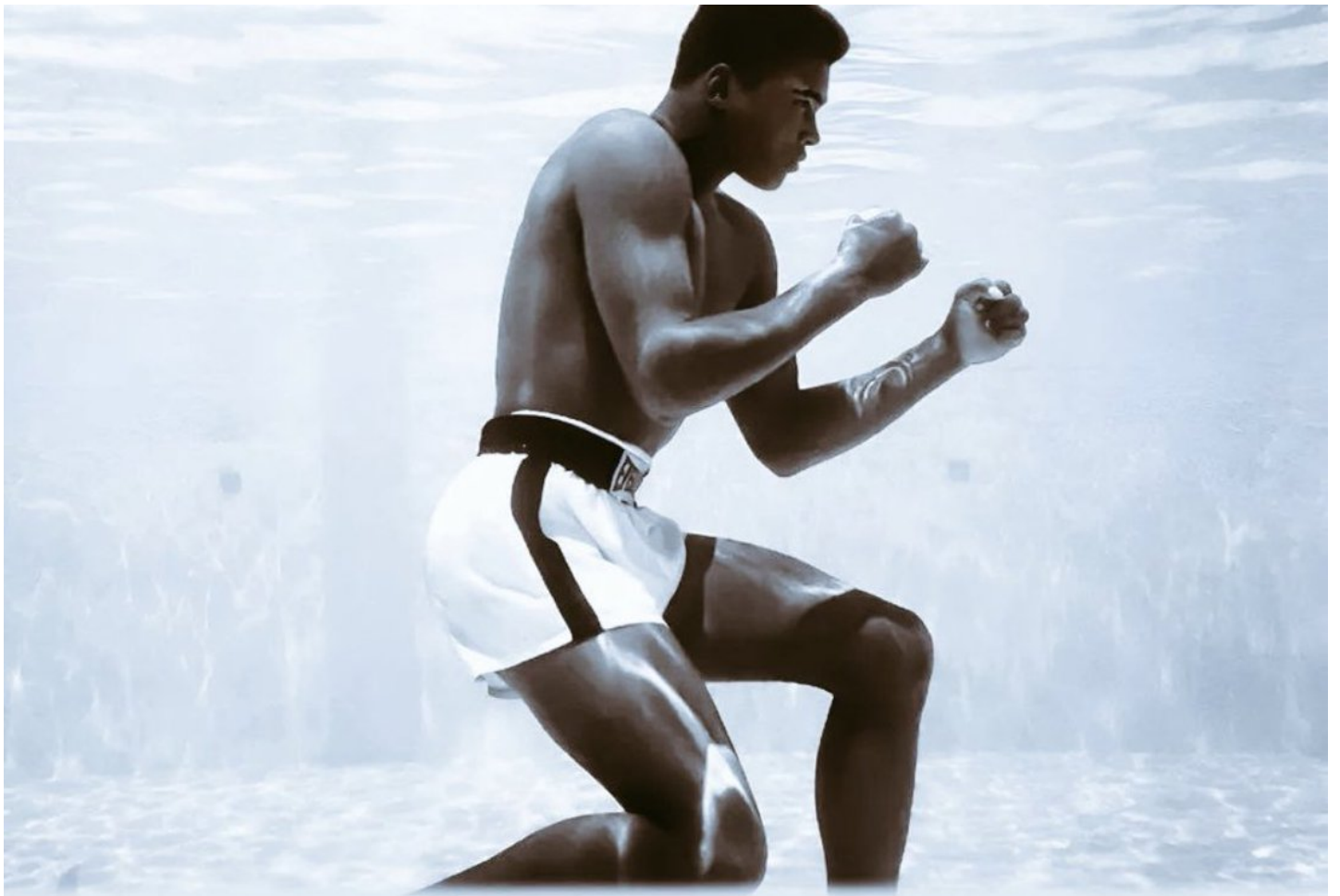
**Mindset Bolt**

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**8 reasons you should wake up at 5am**

**Self-Improvement Thread■**



**WHY YOU SHOULD  
WAKE UP AT  
5:00 AM**

**1. No interruptions, No kids yelling, No phone call.**

2.

**2. Extra 2 hours per day 14  
hours per week = 728 extra  
hours = 30 days per year to  
get work done.**

3.

**3. Waking up early in the morning was one of the secrets to success by most successful people around the world.**

## **4. Less likely to procrastinate**

5.

**5. Builds discipline and good time to exercise.**

6.

**6. More likely to get work done.**

7.



## **7. Mental edge over other people**

## **8. Build momentum for day ahead.**

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