**Bad habits that reduce productivity**

1. When studying, I will be disturbed by WeChat message reminders, and then I will use Tik Tok after turning on the phone. An hour has passed by the time I quit Tik Tok.
2. I want to eat after studying for a while, and I want to sleep when I am full.
3. I like to shake my legs and turn my pen when I think.
4. Easily distracted by small objects around you.
5. There is no order in doing things.