23.12.2020

**general recommendations**

1. I have to drink a liquid every hour.
2. I have to work out every hour.
3. i have to read 30 minutes a day.
4. I have to talk to myself (preferably in the morning)
5. i have to fall asleep at 00 00
6. I have to analyze my day.

**web**

1. at the end of the day I have to write what I learned new
2. at least half of my job should be practice
3. to be successful I have to do this three hours a day

**english**

1. When i try to understand a native speaker i shouldn't look at subtitles
2. I need to take breaks because this will make me more productive.
3. I have to speak. This is a very important component of success.
4. I must learn to write different texts

30.12.2020

1. я должен внедрить что-то в привычку.