**Habits of successful people that average people don’t do :**

**They don’t scroll through their Social media or email first thing in the morning**

A picture containing indoor, person, person, dog

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With the advent of a lot of social media apps, people are making their phones a priority over more important things in their life. Little wonder why we don’t even check to see if we can talk when we wake up in the morning before taking our phones to start scrolling through social media.

Although the digital world has its own advantages, if not used properly, one may lose sight and focus of the most important things to do and spend your whole day just scrolling through social media pages, checking and liking posts, and chatting.

It is best to do other productive things like exercising, meditation and consuming inspiring materials when one wakes up in the morning, and set the right pace for the day ahead. You can leave scrolling through your social media pages for when you have started your day or later during lunch break.

It might be a daunting task especially if you are already accustomed to this way of life, but one of the important habits of successful people is self discipline, you need to be able to control yourself and stay away from things that aren’t adding any value to your life.

If you truly want to be successful, then you need to focus on doing the right thing at the right time.