

You can go to the top by following the routine.

## Daily Routine

\* Don't waste time.

\* Four things are needed : **1. Just Start**

2. Discipline, 3. Attention, 4. Control facebooking.

Prayer & other works	Prayer, Physical Exercise & getting washed : 5.30- 6.30AM.	Break fast/ refreshment : 8.30-9.00 AM.	Bathing, Prayer lunch & sleeping: 1.30 - 3.15 PM.	Prayer + games/ co-curricular act. 4.15 - 6.30 PM.	Prayer+ Eating+ Entertainment 8.30-9.30 PM.	Sleeping 11PM. - 5.30 AM.
<b>Reading Time Day</b>	6.30 – 8.30 AM.	9.00 AM. –1.30 PM. Rest (30 minutes)	3.15 –4.45 PM.	6.30 – 8.30 PM.	9.30 – 11.00 PM.	Do and win.
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday</b>						
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						

\*\* Learning :11 hours, Prayer 1 hour, Game 1.30 hour, Eating & others 3.30 hours, Sleeping 7.00 hours =Total 24 hours

<b><u>Sleeping : total 7 hours</u></b>
Night : 11 PM.– 5.30AM= 6.30
Day : 2.45- 3.45PM. = 0.30

<b><u>Games &amp; Co-curricular Act.: 1.30 hours</u></b>
Morn. : 6.00-6.30AM. = 0.30
Day : 5.00-6.00 PM. = 1.00

<b><u>Learning : 11 hours</u></b>
6.30-8.30AM.= 2.00
9.00AM.-1.00PM.=4.00
3.15PM.-4.45PM. = 1.30
6.30PM.-8.30PM. = 2.00
9.30PM.-11.00PM. = 1.30

<b><u>Prayer : total 1 hour</u></b>
5.40-5.50AM. =10
1.30-1.45PM. = 15
5.00-5.10PM. = 10
6.20-6.30PM. = 10
8.00-8.15 PM. = 15

It's possible if you try your best.