

## Overcoming Laziness and Staying Focused in Winter

### Part 1: Environment and Comfort

#### 1. Lighting and Clothing:

- Rate your current study environment lighting (1-10, 10 being the best).
- 

- List any adjustments you can make to improve lighting or comfort.
- 

#### 2. Temperature Regulation:\*

- Do you use a heater or AC while studying? If yes, at what temperature?
- 

- How comfortable is your study room temperature on a scale of 1-10?
- 

- Note any changes you can make to improve the room's temperature for better focus.
- 

### Part 2: Hydration and Snacking

#### 3. Hydration Habits:

- How often do you consciously drink water while studying?
- 

- Do you prefer warm water or green tea? If not, would you consider incorporating them?
- 

#### 4. Snacking Choices:

- List three alkaline-based snacks you can include in your study routine.
- 

- Are there any acidic foods you tend to snack on that you can replace with healthier alternatives?
- 

### Part 3: Time Management and Breaks

#### 5. Study Breaks:

- Do you currently follow any time management techniques like the Pomodoro technique?
- 

- Reflect on the effectiveness of your current study-break routine.
- 

### Part 4: Natural Light and Biological Clock

#### 6. Biological Clock Alignment:

- Evaluate how well your study schedule aligns with natural sunlight.
- 

- Are there changes you can make to optimize your study hours based on your biological clock?
- 

### Part 5: Consultation and Reflection

#### 7. Consultation with a Professional:

- Have you consulted a doctor regarding your study habits and health?
- 

8. Sharing and Feedback:

- Share one technique from the video that you find most useful.
- List any additional study techniques you are already using.
- Reflect on the overall impact of these tips on your study routine.

Conclusion

9. Action Plan:

- Based on your reflections, outline one change you plan to implement in your study routine.
- Set a realistic goal for the next study session.

10. Feedback:

- Provide feedback on the video and share your thoughts in the comments section as suggested in the video.

Connect with Dr. MD Ahmed on his social media handle [@RealMDAhmed](#) for mentorship programs and seminars. Reach out via WhatsApp at +919632660922 to embark on a transformative journey toward creating your own reality.

Connect with Dr. MD Ahmed:

- Instagram: [@RealMDAhmed](#)
- WhatsApp: +919632660922