



The Morning Sprint

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Leo woke up with a start as his alarm clock blared loudly across the room. He realized with a gasp that he had pressed the snooze button one too many times. Frantically, he scrambled out of bed and rushed to put on his school uniform.



With toast in his mouth and his backpack half-zipped, Leo bolted out the front door. He sprinted down the sidewalk, his shoelaces flapping wildly in the wind. Every second counted as he watched the digital clock on a neighbor's porch tick upward.



Leo burst through the heavy wooden doors of the school building completely out of breath. The hallways were eerily quiet because all the other students were already safely inside their classrooms. He tiptoed nervously toward his homeroom, hoping he could slip in unnoticed.



The classroom door creaked open, and twenty pairs of eyes turned instantly toward Leo. Teacher Mr. Davis paused mid-sentence, looking up from the chalkboard with a gentle yet disappointed expression. Leo's face turned bright red as he shuffled to his desk, disrupting the morning lesson.



After class, Mr. Davis called Leo to his desk for a friendly chat about classroom rules. The teacher explained that arriving late not only interrupts the learning flow for everyone but also misses the important morning announcements. Leo nodded remorsefully, promising to do better tomorrow.



That evening, Leo and his mother sat down at the kitchen table to establish a brand new morning routine. They laid out his clothes the night before and set the alarm across the room so he couldn't snooze it. Leo felt determined to master the art of being on time.



The next morning, the alarm rang and Leo jumped straight out of bed with a cheerful smile. Because he prepared everything the night before, he had plenty of time to eat a healthy breakfast without any stress. He walked calmly to school, breathing in the fresh morning air.



Leo arrived at the classroom door a full fifteen minutes before the bell even rang. The room was peaceful, and sunlight streamed warmly through the tall windows. He greeted his classmates happily and took a quiet moment to review his homework.



Mr. Davis smiled warmly as he noticed Leo sitting prepared and relaxed at his desk long before class started. Scientific studies show that arriving early helps reduce anxiety and primes the brain for better focus and memory retention throughout the day. Leo already felt the amazing calming benefits of this new habit.



When the final bell chimed to start the day, Leo felt entirely ready and confident for whatever lessons awaited him. He realized that being on time wasn't just about following school rules, but about giving himself the best possible start. From that day forward, Leo was always the early bird of the classroom.