

## SET AN ALARM CLOCK

I never had a need for an alarm clock and never saw the point in them. Instead, I had a mom who gently woke me up with tea and cookies. I heartily recommend it; it's awesome. But unfortunately, the world cannot be that wonderful for everyone, all through their life. There comes a point when you finally have to get yourself an alarm clock.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Set an alarm clock and use it to get yourself up every morning for the next three weeks. You may want to remember to turn it off at weekends.

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I'm just going to be real with you, alarm clocks are great; but they have to be used smart. Or, more important, you need to be smart about how you set them up. Here are a few pitfalls:

- Setting the time. You need to learn the alarm clock and make sure you have it set up correctly. Many times my clock failed to wake me up because I had it set for seven o'clock in the evening instead of seven o'clock in the morning.
- Power outages will mess you up if your alarm clock does not have a battery backup.
- Having an alarm that wakes everyone else in the household, especially when they didn't want to get up, is bad news too.
- The snooze button, we love the snooze button. But then we keep using it and end up late. I have to put my alarm across the room from me because I can actually turn it off in my sleep.
- And then that most annoying thing, having an alarm still set, when you are not in the house, and it wakes everyone else up. Then they have to turn it off for you. This will make you quite unpopular.



So, as you can see, with an alarm clock comes great responsibility. So now you know the pitfalls, it's up to you to get it right, learn from my mistakes, and not make your own. Good luck, RockHopper.