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Dear Polina,

I received your letter that you went to high school. This is a very important stage in the life of every person. It's hard to study in high school, so I decided to give you a few tips to learn well.

A good writer writes every day. A good musician plays music every day. I think it's important to do what you want to learn, every day. If you want to be the first in something, then do it every day. But you do not need to do this all day. It is enough to give some business 20-30 minutes a day. Do not overexert yourself. If you work too hard, you will be less able to remember the information. Do not forget to take breaks. Another important part of success is planning, tracking results and motivation. Planning helps you to correctly allocate time. Get a diary and plan your day every night. It will help you to do everything. Record your progress. This will help you keep track of what you have already done and what you need to do in the future. Do not forget about motivation. This is one of the most important parts of success. Remember why you do all this and do not forget to encourage yourself to success.

One of my most important tips is to sleep more. Sleep is the time when our brain relaxes and processes information. Many people neglect sleep. But it can badly affect results. If you are lazy and you think that you can no longer concentrate on something, just sleep 10-15 minutes. This will give the brain a recovery.

I hope that these tips will help you learn better and you will successfully pass this important stage of life. I will wait for the next letter from you.

Anastasia