

A small habit but it determines the success of technology CEOs

A small common point is often seen in talented and wealthy tech CEOs, but plays a very important role for them.

A noble position, a fully equipped apartment with a 10-digit salary . Perhaps with technology CEOs, it is nothing strange, but for many people it is a dream of their whole life.

Success does not come naturally to each of us, all have a process and training. If you want to have a dreamy life like these tech CEOs, the first thing you need to learn is to get up early. How up early and what to do, let's take a look at the habits of the five tech CEOs below.

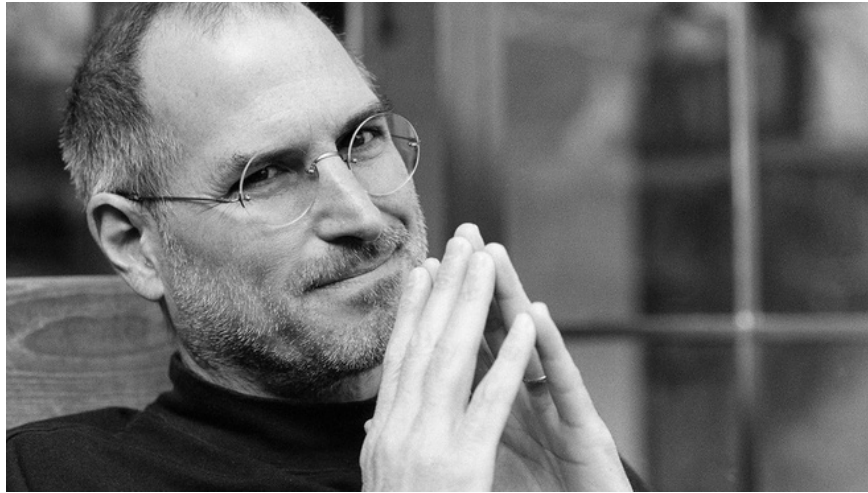
Marissa Mayer - Former Yahoo CEO



Although she is now only a former CEO, the name Marissa Mayer has always been respected and respected by everyone because of her extraordinary ability to work as well as her work experience. Yahoo was not the first company that Mayer worked for, she had previously worked for Google in a position that many dreamed of.

In Mayer's CV, she claimed to be able to work an average of 18 hours a day throughout the week. And yes, she only spends four hours a day sleeping, and the rest of her time is for work. She got up from 6am to prepare for her job.

Steve Jobs - Former Apple CEO



In an interview with Time in 1999 Jobs shared with people about his hardworking lifestyle. He said: "I usually get up at 6 am and check out my work a bit, then call my children up and prepare them to go to school. If luck is still early, it will be enough for me. sitting at home for an extra hour. Now my company is 8-9h. "

A person not only because of his job but also caring about his family, this is really precious and we should learn.

Tim Cook - Apple CEO (currently)



Apple has been as successful as it is today, probably not to mention the great merits of CEO Tim Cook and his predecessors. To achieve this, Tim Cook once shared that he woke up from 4am every day to start his work.

For many people who get up so early, it will be very tiring, but with Tim Cook he feels very healthy and comfortable. Every morning waking up, the first thing he did was check the email for about 30 minutes, then go to the gym, then prepare for the company. As the operator, Tim Cook was always the first to arrive and also turned off the lights to the end when the time was up.

Jack Dorsey - Twitter CEO



As the founder and CEO of Twitter, Jack Dorsey always starts the day from 5.30am. The first job after waking up is meditation and jogging on the familiar 10km long roads.

The period of time involved in running Square - the famous online payment platform application - Jack Dorsey still kept that habit of going back and forth between Square and Twitter.

Bill Gates - Former Microsoft CEO



If there is a club who likes to get up early at 4 am, perhaps Bill Gates is one of the most active and loyal members of it. Although he woke up early, but did not mean he did not get enough sleep, he always followed a healthy lifestyle, slept early and had 7 hours a day to ensure his health.

The first job Bill Gates chose early in the morning was to run in the gym. Keeping your body and mind healthy is something Gates takes priority to work best. "I still go to work and speak normally without sleep, still sitting at the computer operating, but to work creatively and maximize efficiency is impossible."

But there are still one (or some) other exceptions

The exception here is not the 5 people above, but one (or a few) other famous and wealthy CEOs who do not need to keep such a hard time early, but are still looked upon by millions of people. . The most typical, no stranger, is Mark Zuckerberg - Facebook CEO.



Mark Zuckerberg currently runs one of the most powerful companies in the technology industry, and is also a billionaire whose total assets are in the top five in the world at a very young age. And yet, every day, he still gets up from 8am, sometimes later if he works late last night. Zuckerberg is considered a different case among technology CEOs who do not need to get up early even though they are still under pressure everyday.

Besides, Jeff Bezos, CEO of Amazon, is also the richest billionaire on the planet, surpassing tens of billions of dollars compared to Bill Gates. He does not even use an alarm clock, believing that the body is comfortable and works best when we understand and adjust the pace to wake up in the morning. Bezos also did not like the early meetings, instead he valued spiritual life with a proper breakfast with his family.

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