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## DO EARLY MORNING PEOPLE HAVE AN EDGE OVER OTHERS?



According to a research published by Harvard Business Review, people who were most energetic in the mornings were more likely to identify long-range goals for themselves and feel in charge of making things happen. When it comes to business success, morning people hold the important cards. The key is to be aware of what time you're at your highest energy level, because your brain is capable of doing higher-level activities in that range . Whenever you're at your best, that's the time to focus on critical decisions, problem-solving or brainstorming activities.  
Read the original article here: [Do morning people have a professional edge?](https://blog.granted.com/)

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