Problem: Clicking on the snooze button of the alarm. Although I don't sleep in the entire morning, I still have this disgusting habit and it takes some power away from me. Can take 15m to an hour of my precious time. Time that could be taken to work.

Walking through the factory line: I've always been careful of not exposing myself too much to blue lights before going to sleep but guess it's not enough. I don't think it's something specific that I'm doing throughout the day that makes me do this so often. Just need to find the strength to wake up with firing blood.

Ask why until you reach the root of the problem: I can totally admit it's totally because of cowardness and comfort only. Why? Because I feel too warm and cozy in the mornings, which is wrong. I should be waking up ready for war.

Strategy to solve the problem: I've tried some tips online such as leaving your alarm far from you and having a glass of water close to it. It helped me on the first day but I just kept doing it.
The solution is pretty simple to sum up. It's all in the mentality. I need to feel that sense of duty thriving through my blood as soon as I wake up. I have to do better.