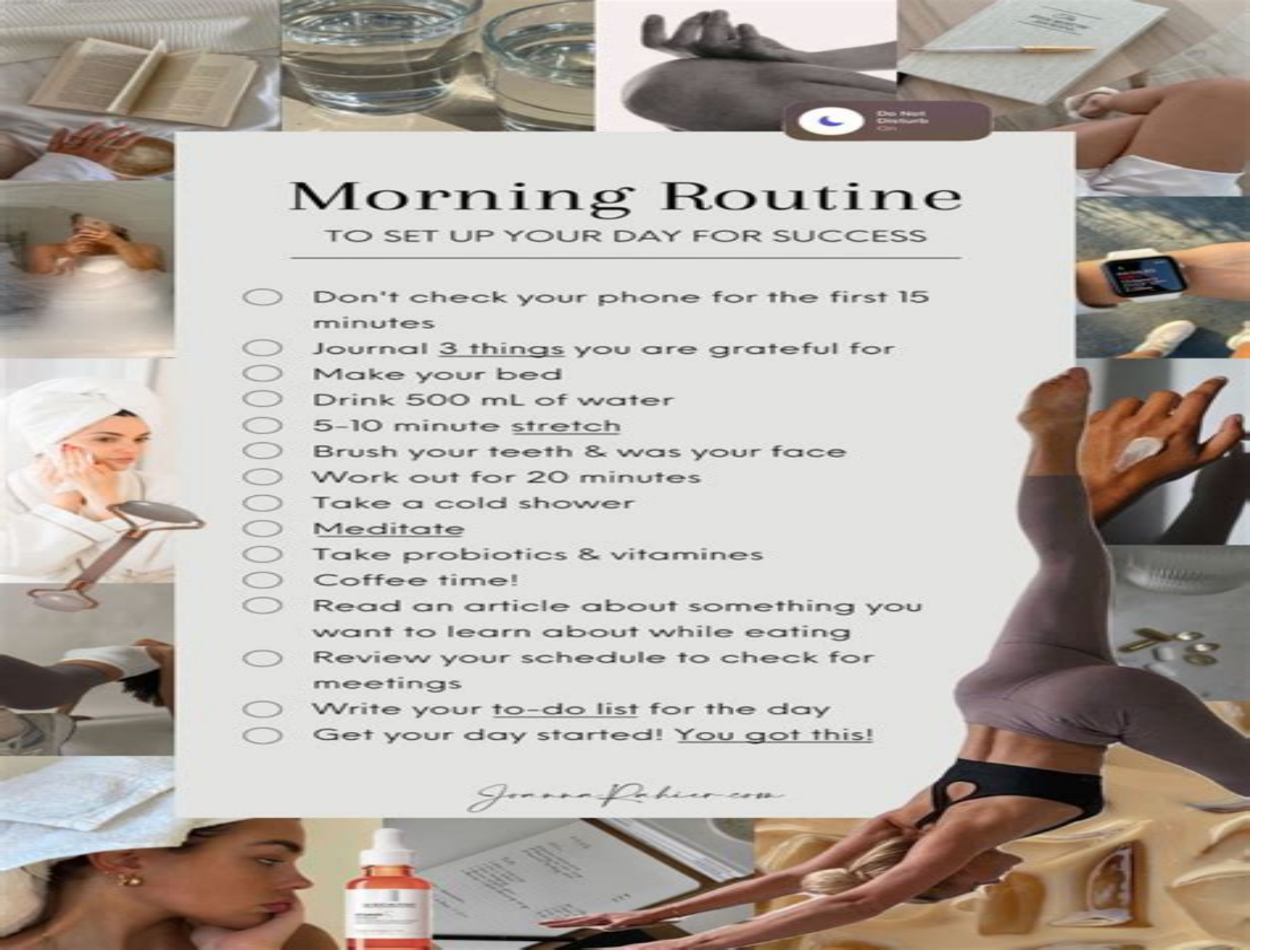




Morning Routine

TO SET UP YOUR DAY FOR SUCCESS

- ☐ Don't check your phone for the first 15 minutes
- ☐ Journal 3 things you are grateful for
- ☐ Make your bed
- ☐ Drink 500 mL of water
- ☐ 5-10 minute stretch
- ☐ Brush your teeth & wash your face
- ☐ Work out for 20 minutes
- ☐ Take a cold shower
- ☐ Meditate
- ☐ Take probiotics & vitamins
- ☐ Coffee time!
- ☐ Read an article about something you want to learn about while eating
- ☐ Review your schedule to check for meetings
- ☐ Write your to-do list for the day
- ☐ Get your day started! You got this!

Joanna Rahier.com

Morning Routine Guide

Eric Richard



Morning Routine Guide:

Enjoying the Melody of Term: An Mental Symphony within **Morning Routine Guide**

In some sort of eaten by screens and the ceaseless chatter of fast transmission, the melodic elegance and mental symphony created by the written word frequently disappear into the background, eclipsed by the persistent noise and disturbances that permeate our lives. But, nestled within the pages of **Morning Routine Guide** a marvelous fictional prize overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this fascinating masterpiece conducts readers on a mental trip, skillfully unraveling the concealed songs and profound influence resonating within each cautiously crafted phrase. Within the depths of the poignant analysis, we will investigate the book is key harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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