



MY IDEAL

morning

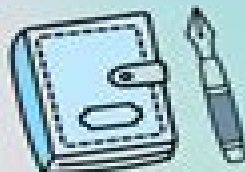
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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



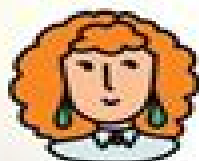
5. HOT BATH

7.15am



6. DRESS

7.25am



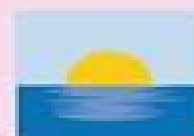
7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

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Automotive Executive ,1992

Celebrating Your Journey, Lifeskills in Synergy Sharon L. Benedict, MS, ACC,2011-11-04 Celebrating Your Journey brings together everyday responsibilities with your long awaited dreams and goals This valuable self paced book takes you through twelve life skill dimensions we all face each day your relationships core values how you use your time choose your career manage money keep records even housekeeping your possessions or stuff your health and wellness sharing mealtime childcare how you play have fun reflection and celebrating each day

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The Cardinal Henry Morton Robinson,2013-02-26 An absorbing magnificent novel about an ordinary Irish Catholic man who ascends the church hierarchy to become Cardinal in the early twentieth century Boston Herald A selection of the Literary Guild The Cardinal was published in more than a dozen languages and sold over two million copies Later made into an Academy Award nominated film directed by Otto Preminger and starring John Huston the book tells a story that captured the nation s attention a working class American s rise to become a cardinal of the Catholic Church The daily trials and triumphs of Stephen Fermoye from the working class suburbs of Boston drive him to become first a parish priest then secretary to a cardinal later a bishop and finally a wearer of the Red Hat An essential work of American fiction that remains even more relevant today Extraordinary controversial first rate storytelling and characterization that has enormous appeal Kirkus Reviews

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