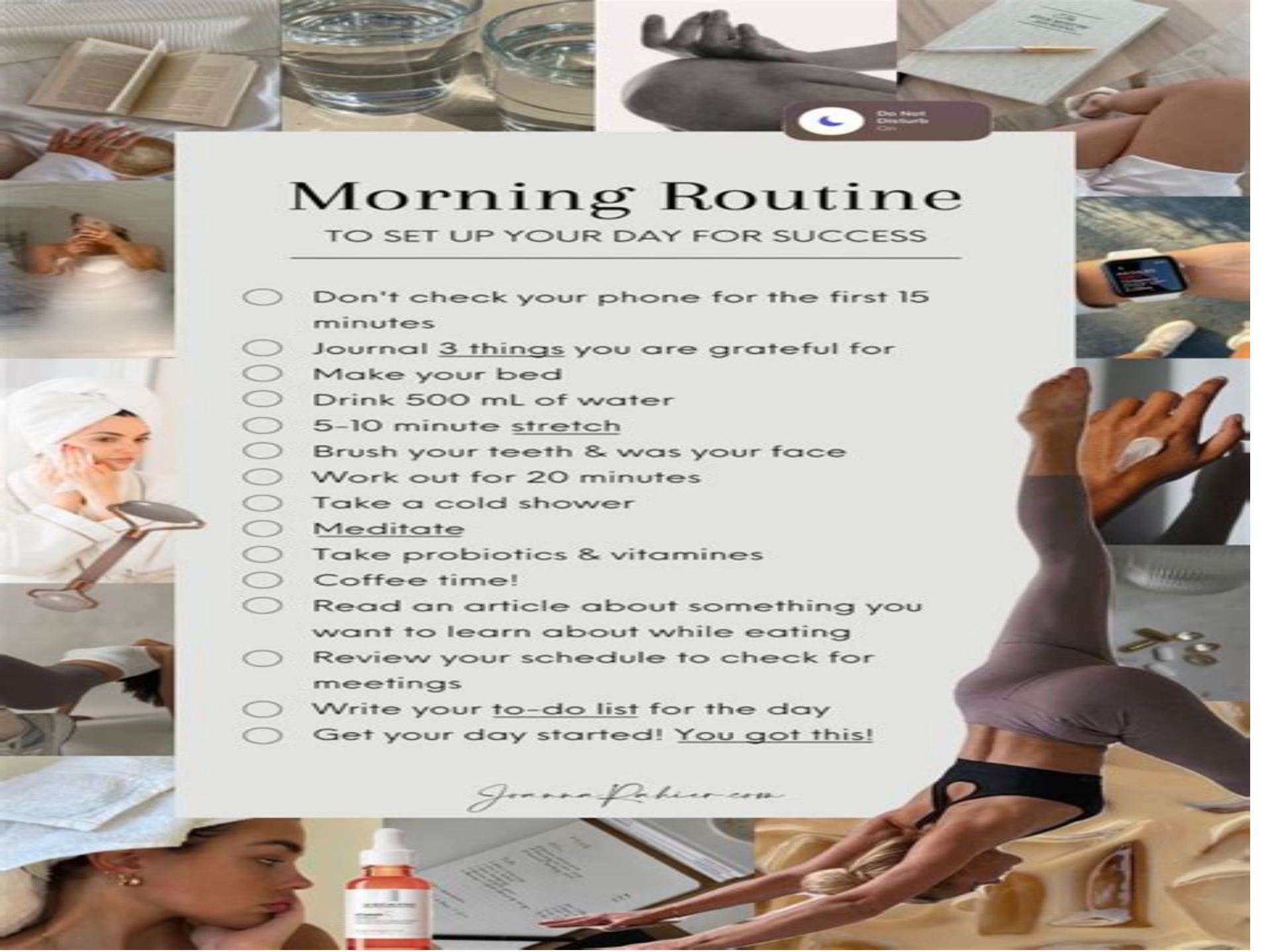




Morning Routine

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

JL Elias



Morning Routine Guide:

Whispering the Techniques of Language: An Mental Quest through **Morning Routine Guide**

In a digitally-driven world wherever monitors reign great and quick transmission drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases often move unheard. Yet, situated within the pages of **Morning Routine Guide** a fascinating fictional value pulsing with fresh feelings, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this marvelous opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each word. Within the psychological depths with this moving evaluation, we can embark upon a sincere exploration of the book is key styles, dissect its interesting writing fashion, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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