



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Tips

Silas Mary



Morning Routine Tips:

Enjoying the Beat of Phrase: An Psychological Symphony within **Morning Routine Tips**

In some sort of eaten by displays and the ceaseless chatter of fast conversation, the melodic splendor and psychological symphony developed by the prepared word usually fade in to the background, eclipsed by the relentless noise and interruptions that permeate our lives. But, located within the pages of **Morning Routine Tips** a stunning literary treasure filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this interesting masterpiece conducts visitors on a psychological trip, well unraveling the concealed tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of the emotional examination, we shall discover the book is key harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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