

# Morning Routine



hydrate



detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

# Morning Routine Tips Download

**Vivek Pandey, Paras Arora**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the authors' names.

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