



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

Charles Thomas



Morning Routine Tips:

Whispering the Strategies of Language: An Mental Journey through **Morning Routine Tips**

In a digitally-driven earth wherever displays reign supreme and immediate communication drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases usually go unheard. Yet, set within the pages of **Morning Routine Tips** a interesting literary value blinking with raw feelings, lies an extraordinary quest waiting to be undertaken. Written by a skilled wordsmith, that charming opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the emotional depths with this poignant review, we shall embark upon a honest exploration of the book is key styles, dissect their charming writing type, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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