



MY IDEAL

morning

@myjourney.app

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 This Week

JE Gale



Morning Routine This Week:

Discover tales of courage and bravery in Crafted by is empowering ebook, **Morning Routine This Week** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

<http://nevis.hu/book/publication/default.aspx/cyber%20monday%20tips.pdf>

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