



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



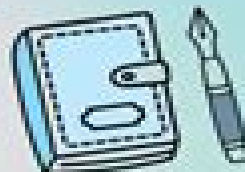
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

8.00am

500ML



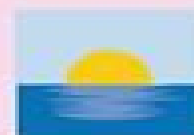
3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Tips

Havier Aufderhar, AI

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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