



MY IDEAL

morning

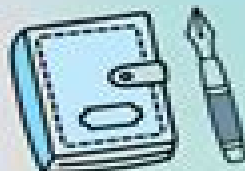
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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



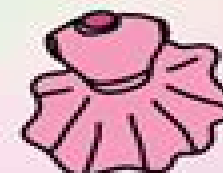
4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



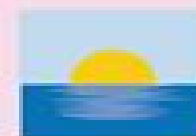
7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine This Week Sign In

Maja Toudal, Dr Anthony Attwood



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5 AM Morning Routine: Megan Carter,2025-08-14 What if the most important hours of your life happened before the rest of the world even woke up 5 AM Morning Routine isn't just another self help book about getting out of bed earlier it's a complete guide to transforming your mornings into a foundation for success clarity and lasting fulfillment Through fifteen deeply insightful chapters this book takes you beyond the surface and into the mindset habits and strategies that make early rising a game changer You'll learn why so many of the world's most successful people guard their mornings how to reset your internal clock and the art of preparing the night before so your 5 AM wake up feels natural instead of forced You'll discover how to win the first 15 minutes of your day practice mindfulness before distractions take hold and engage in exercise that fuels you rather than drains you You'll explore how to nourish your body for sustained energy unlock mental clarity through journaling and build your mind every day by learning something new But this book isn't just about routines it's about resilience You'll find strategies for eliminating morning distractions creating a weekend wake up plan that keeps you consistent and overcoming setbacks without losing momentum Finally you'll learn how to transform a simple habit into a lasting lifestyle that shapes not only your mornings but the course of your entire life Whether you're a night owl looking to reclaim your mornings a busy professional seeking focus or simply someone who craves more intentional living 5 AM Morning Routine will give you the tools insights and inspiration to rise early and rise well Your best life doesn't start when the world tells you it's time It starts at 5 AM

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