



MY IDEAL

morning

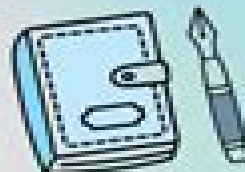
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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



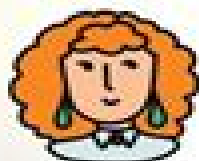
5. HOT BATH

7.15am



6. DRESS

7.25am



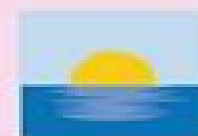
7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine Tips

Adam Bushnell



Morning Routine Tips:

Embracing the Tune of Term: An Mental Symphony within **Morning Routine Tips**

In some sort of eaten by screens and the ceaseless chatter of instant transmission, the melodic beauty and emotional symphony developed by the prepared term frequently disappear into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. However, situated within the pages of **Morning Routine Tips** a wonderful fictional prize overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts visitors on an emotional trip, skillfully unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this touching review, we shall discover the book is key harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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