



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



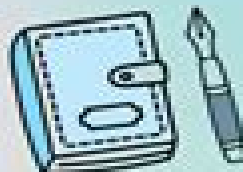
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

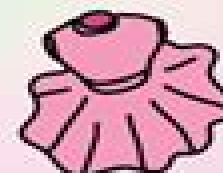
8.00am

500ML



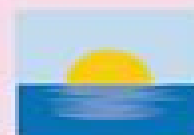
3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine This Week

**Tammen Minnie Pedro ,Lucero
Shannelle Carrera**

Morning Routine This Week:

Adopting the Track of Appearance: An Emotional Symphony within **Morning Routine This Week**

In a world taken by monitors and the ceaseless chatter of fast interaction, the melodic splendor and mental symphony created by the published term usually diminish in to the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. However, located within the pages of **Morning Routine This Week** an enchanting fictional treasure full of raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that fascinating masterpiece conducts readers on a psychological trip, well unraveling the hidden melodies and profound influence resonating within each carefully constructed phrase. Within the depths with this emotional review, we shall discover the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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