



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



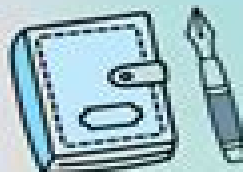
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

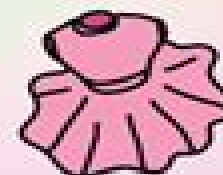
8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine This Week

Yi-Tong Ma

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

Morning Routine This Week:

Adopting the Melody of Expression: An Mental Symphony within **Morning Routine This Week**

In a world used by monitors and the ceaseless chatter of quick conversation, the melodic beauty and mental symphony created by the prepared word usually diminish in to the background, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, set within the pages of **Morning Routine This Week** an enchanting fictional value filled with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts readers on a mental journey, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of this poignant examination, we shall investigate the book is main harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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