



MY IDEAL

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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

RC Schank



Morning Routine This Week:

Embracing the Song of Expression: An Emotional Symphony within **Morning Routine This Week**

In a world used by screens and the ceaseless chatter of quick connection, the melodic beauty and emotional symphony produced by the prepared term usually disappear in to the background, eclipsed by the constant sound and interruptions that permeate our lives. However, nestled within the pages of **Morning Routine This Week** a charming literary prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this charming masterpiece conducts visitors on a psychological journey, skillfully unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant examination, we shall explore the book's main harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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