



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 Tips

Kevin Ramirez



Morning Routine Tips:

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

In a world consumed by monitors and the ceaseless chatter of immediate conversation, the melodic splendor and psychological symphony developed by the written word usually diminish into the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. However, situated within the pages of **Morning Routine Tips** a wonderful fictional treasure brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this fascinating masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed songs and profound impact resonating within each carefully crafted phrase. Within the depths of the touching assessment, we will explore the book is central harmonies, analyze its enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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