# Morning Routine







10 minute stretch







GRATITUDE LIST

5 minute journal

healthy breakfast



go screen free for 30 minutes



top priority to do list



go out for fresh air

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# **Morning Routine This Month**

**Albert A Gayle** 

**Morning Routine This Month:** 

Delve into the emotional tapestry woven by Crafted by in **Morning Routine This Month**. This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

http://nevis.hu/About/detail/fetch.php/Weight%20Loss%20Plan%20Review.pdf

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• Interactive and Gamified eBooks

## **Morning Routine This Month Introduction**

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