



MY IDEAL

morning

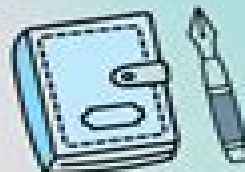
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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



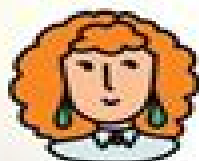
5. HOT BATH

7.15am



6. DRESS

7.25am



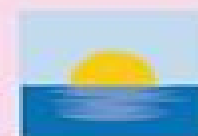
7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine Tips

Kathleen Armour

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

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