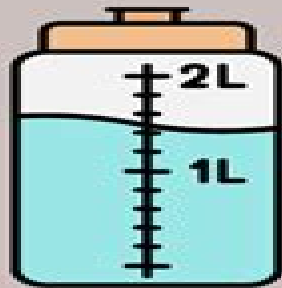


# Morning Routine



hydrate



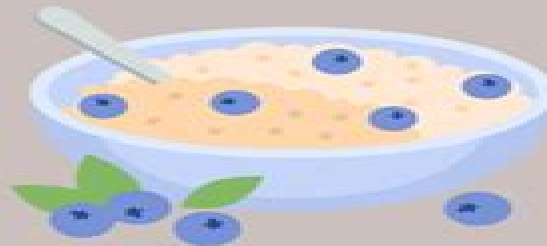
detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

# Morning Routine This Month

**Naushad Sheikh**



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