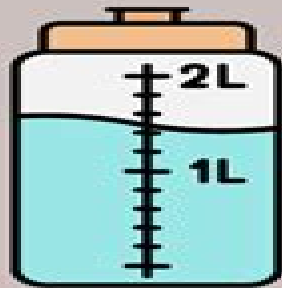


Morning Routine



hydrate



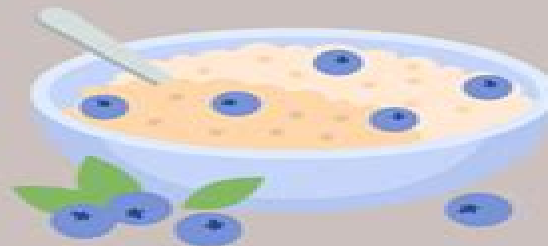
detox juice



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

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Lingsheng Yao

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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