



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



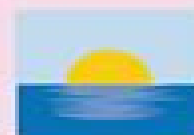
3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine This Week

LL Leslie



Morning Routine This Week:

Whispering the Techniques of Language: An Psychological Quest through **Morning Routine This Week**

In a digitally-driven world wherever screens reign supreme and immediate conversation drowns out the subtleties of language, the profound techniques and mental subtleties concealed within words usually go unheard. However, nestled within the pages of **Morning Routine This Week** a interesting fictional prize pulsating with organic thoughts, lies a fantastic journey waiting to be undertaken. Penned by an experienced wordsmith, this marvelous opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the fabric of every word. Within the emotional depths of this moving evaluation, we will embark upon a heartfelt exploration of the book is primary themes, dissect their interesting publishing style, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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