

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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Xiang Xie



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a 45° 45° 90° triangle you can use the trigonometric ratios or the special right triangle ratios trigonometric ratios begin array
 $\tan 45^\circ = \frac{b}{a}$ $\sin 45^\circ = \frac{b}{c}$

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