

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 In The Us

United States Naval Academy

A red circular graphic with a gradient, appearing as a stylized sun or a lens flare, positioned to the right of the text 'United States Naval Academy'.

Morning Routine In The Us:

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