



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



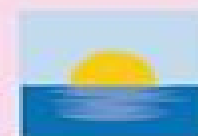
7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine Tips Setup

Patrick Vollmar



Morning Routine Tips Setup:

Whispering the Strategies of Language: An Psychological Journey through **Morning Routine Tips Setup**

In a digitally-driven earth where screens reign great and quick conversation drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words often go unheard. However, set within the pages of **Morning Routine Tips Setup** a captivating literary treasure blinking with raw feelings, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the psychological depths of the poignant evaluation, we shall embark upon a heartfelt exploration of the book is key subjects, dissect their charming writing model, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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