



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



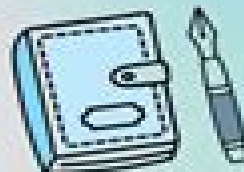
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

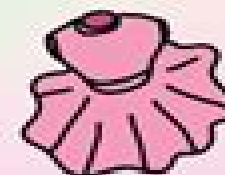
8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Top

Jin-Ying Zhang



Morning Routine Top:

Adopting the Song of Expression: An Psychological Symphony within **Morning Routine Top**

In some sort of used by screens and the ceaseless chatter of instant communication, the melodic beauty and mental symphony created by the prepared term frequently fade into the back ground, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Morning Routine Top** an enchanting fictional prize brimming with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this interesting masterpiece conducts viewers on a psychological trip, well unraveling the hidden songs and profound impact resonating within each cautiously crafted phrase. Within the depths with this touching analysis, we can discover the book is main harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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