



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

CO Houle



Morning Routine This Week:

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

In a digitally-driven world where displays reign supreme and immediate communication drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases usually get unheard. Yet, located within the pages of **Morning Routine This Week** a captivating fictional treasure blinking with natural feelings, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this charming opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the mental depths of the touching evaluation, we can embark upon a sincere exploration of the book is core subjects, dissect its captivating publishing design, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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