



MY IDEAL

morning

@myjourney.app

ROUTINE



1. WAKE UP

6.20am



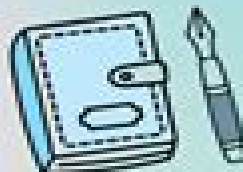
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

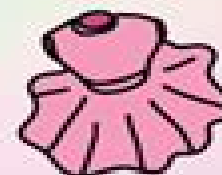
8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine This Week

Ted Zeff, Ph.D.



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Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Morning Routine This Week** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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