

My typical Morning Routine

Time

5:30 AM

6:00 AM

6:00 AM

6:05 AM

6:10 AM

6:25 AM

6:30 AM

6:30 AM

6:50 AM

7:10 AM

7:20 AM

7:50 AM

8:20 AM

Activity

- Meditate
- Brush the teeth
- Wash the face
- Drink warm water
- Exercise
- Walking
- Brew coffee
- Watch news
- Listen to Music
- Schedule today
- Read 1 chapter
- Breakfast
- Take a cold shower



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