## MY IDEAL

# ROUTINE



1. WAKE UP

6.20am



4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



HOT BATH

7.15am



8. BREAKFAST

8.00am



@myjourney.app

3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

## **Morning Routine This Week**

**Rachel S Tattersall** 

**Morning Routine This Week:** 

Eventually, you will categorically discover a supplementary experience and execution by spending more cash. nevertheless when? reach you receive that you require to get those all needs gone having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more on the order of the globe, experience, some places, bearing in mind history, amusement, and a lot more?

It is your utterly own era to work reviewing habit. in the middle of guides you could enjoy now is **Morning Routine This Week** below.

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