

A woman with blonde hair, wearing a red bikini, is sitting on a beach. She is holding a white journal and a pen, writing in it. The background shows the ocean and a sunset sky with warm orange and yellow tones. The text is overlaid on the image.

THE MINDFUL MORNING ROUTINE 30 DAY CHALLENGE

- DETAILED INSTRUCTIONS
- 30 DAILY JOURNAL PAGES + PROMPTS
TO GUIDE YOU THROUGH
EACH DAY
- 30 INSPIRING QUOTE IDEAS
- 30 AFFIRMATION IDEAS
- 30 MORNING ROUTINE IDEAS
- REFLECTION QUESTIONS



Morning Routine Today

Christian Drosten



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