



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



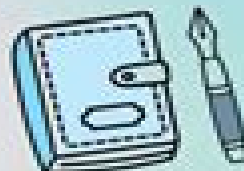
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

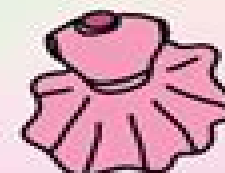
8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Top

Favour Emeli



Morning Routine Top:

Whispering the Techniques of Language: An Psychological Journey through **Morning Routine Top**

In a digitally-driven world where monitors reign great and immediate communication drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases often move unheard. However, set within the pages of **Morning Routine Top** a fascinating fictional treasure pulsating with natural emotions, lies an exceptional quest waiting to be undertaken. Composed by an experienced wordsmith, this charming opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the emotional depths of this emotional evaluation, we can embark upon a heartfelt exploration of the book is key styles, dissect its interesting publishing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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