



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 This Week

Lauren Gardner



Morning Routine This Week:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Morning Routine This Week**

In a global inundated with screens and the cacophony of instant interaction, the profound power and emotional resonance of verbal art often fade in to obscurity, eclipsed by the regular barrage of sound and distractions. However, located within the musical pages of **Morning Routine This Week**, a interesting function of fictional brilliance that impulses with organic thoughts, lies an unique trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that exciting opus manuals readers on an emotional odyssey, lightly revealing the latent potential and profound impact embedded within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect their captivating writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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