



# MY IDEAL

# *morning*

@myjourney.app

## ROUTINE



### 1. WAKE UP

6.20am



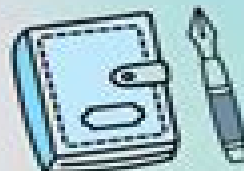
### 4. EXERCISE

7.00am



### 7. HAIR + MAKE UP

7.45am



### 2. JOURNAL

6.25am



### 5. HOT BATH

7.15am



### 8. BREAKFAST

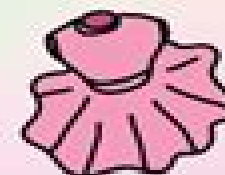
8.00am

500ML



### 3. HYDRATE

6.40am



### 6. DRESS

7.25am



### 9. START YOUR DAY

8.15am

## Morning Routine Top

**Favour Emeli**



## **Morning Routine Top:**

## **Morning Routine Top** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Morning Routine Top**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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