

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 clear sky.

# 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
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# Morning Routine Today

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