



MY IDEAL

morning

@myjourney.app

ROUTINE



1. WAKE UP

6.20am



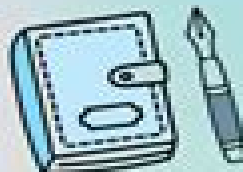
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

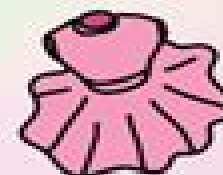
8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Tips

JL Elias

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Morning Routine Tips:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **Morning Routine Tips** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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Morning Routine Tips :

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