# Morning Routine







10 minute stretch







GRATITUDE LIST

5 minute journal

healthy breakfast



go screen free for 30 minutes



top priority to do list



go out for fresh air

www.lotsoflovemariam.com

## **Morning Routine Review**

**Anthony S. Fauci** 



Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Morning Routine Review**. This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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#### **Morning Routine Review Introduction**

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