



# MY IDEAL

# *morning*

@myjourney.app

## ROUTINE



### 1. WAKE UP

6.20am



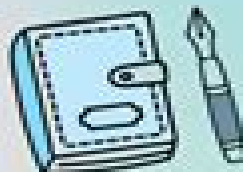
### 4. EXERCISE

7.00am



### 7. HAIR + MAKE UP

7.45am



### 2. JOURNAL

6.25am



### 5. HOT BATH

7.15am



### 8. BREAKFAST

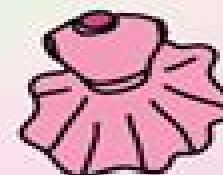
8.00am

500ML



### 3. HYDRATE

6.40am



### 6. DRESS

7.25am



### 9. START YOUR DAY

8.15am

# Morning Routine Tips Login

**Prof. Dr. Kiran Mangalampalli Ph.D.**



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