



MY IDEAL

morning

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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 This Week

Padhraic Smyth



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block as the frequency divider in a pll system the frequency divider divides the frequency of the vco output signal by a fractional value to make it comparable to a pfd reference signal frequency ports input expand all

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