



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



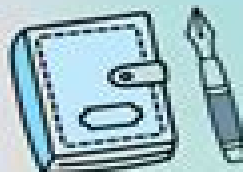
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

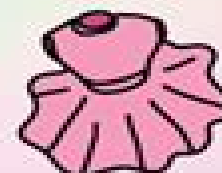
8.00am

500ML



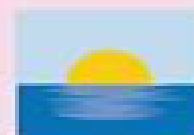
3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine This Week

Michael Grant

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

Morning Routine This Week:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Morning Routine This Week** . This emotionally charged ebook, available for download in a PDF format (*), 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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