



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

Annelies Wilder-Smith



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 (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

<https://intelliborn.com/public/Resources/Documents/olympic%20weightlifting%20a%20complete%20guide%20for%20athletes%20coaches.pdf>

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