# MY IDEAL

# ROUTINE



1. WAKE UP

6.20am



4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



HOT BATH

7.15am



8. BREAKFAST

8.00am



@myjourney.app

3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

# **Morning Routine Best Tutorial**

**Alfred Lawrence Hall-Quest** 

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web i will also be adding recipes i developed using the bellini including my beef stew black bean dip chile pepper salsa butternut squash bisque and steamed asparagus conclusion the bellini kitchen master doesn t do anything that you can t do by yourself with traditional cooking methods but it does make many of those tasks easier

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