



MY IDEAL

morning

@myjourney.app

ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine In The Us Sign In

SJ Ball



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web therefore the high commission for industrial security hcis shall have the ultimate authority on classifying all facilities 4.1.3 facilities shall have adequate levels of protection as defined within these security directives 4.1.4 the level of protection at

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