



MY IDEAL

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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 Top

DJ Losen



Morning Routine Top:

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Report on the Training Systems for the Navy and Mercantile Marine of England, and on the Naval Training System of France, Made to the Bureau of Equipment and Recruiting, U.S. Navy Department Sept., 1879 French Ensor Chadwick, 1880 **Senate documents**, 1880 *One Hundred Best Sermons for Special Days and Occasions* Gerard Benjamin Fleet Hallock, 1923 **The Balance Equation: Find Your Formula for Living Your Best Life** Rob Fiance, Stuart Rosenblum, 2023-03-23 Struggling to Live Your Best Life This breakthrough book shows those who feel overwhelmed or just unable to find balance how to move closer to this elusive

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