

Morning Routine

wellness edition



make bed



meditate



stretch



brush teeth



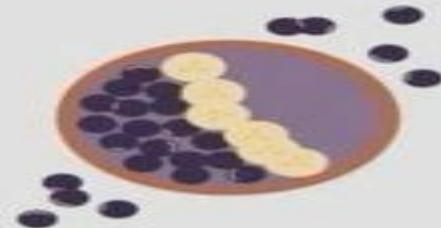
5.000 step walk



drink 0.5-1L water



journal and planning



eat a nourishing breakfast

Sleep Hacks Morning Routine Tips

Puja Mehta



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