



# 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 This Week Setup

**Wilbur Pardon Bowen, Elmer D.  
Mitchell**

**Morning Routine This Week Setup:**

## Adopting the Track of Phrase: An Emotional Symphony within **Morning Routine This Week Setup**

In some sort of consumed by screens and the ceaseless chatter of instantaneous interaction, the melodic splendor and emotional symphony produced by the published term frequently fade in to the background, eclipsed by the relentless sound and distractions that permeate our lives. However, nestled within the pages of **Morning Routine This Week Setup** a marvelous literary treasure overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this fascinating masterpiece conducts viewers on a mental trip, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths with this emotional analysis, we shall explore the book is key harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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