



morning Routine



- Wake up early.

- Drink a glass of water.

- Stretch and do some light exercise.

- Make your bed.

- Eat a nutritious breakfast.

- Take a shower and get dressed.

- Get organized for the day.

- Set goals and plan your day.

*"Have a positive attitude and
enjoy your day!"*

Morning Routine Update Store Hours

Peipei Pang



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