



# 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 Top Install

**Y Pai**



**Morning Routine Top Install:**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Morning Routine Top Install** . This emotionally charged ebook, available for download in a PDF format ( \* ), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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