



MY IDEAL

morning

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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 This Week

Daniela Niemeyer



Morning Routine This Week:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Morning Routine This Week** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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