



# 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 Best

**Camilla Rothe**



**Morning Routine Best:**

The book delves into Morning Routine Best. Morning Routine Best is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Morning Routine Best, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Morning Routine Best
- Chapter 2: Essential Elements of Morning Routine Best
- Chapter 3: Morning Routine Best in Everyday Life
- Chapter 4: Morning Routine Best in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Morning Routine Best. This chapter will explore what Morning Routine Best is, why Morning Routine Best is vital, and how to effectively learn about Morning Routine Best.
3. In chapter 2, the author will delve into the foundational concepts of Morning Routine Best. The second chapter will elucidate the essential principles that must be understood to grasp Morning Routine Best in its entirety.
4. In chapter 3, the author will examine the practical applications of Morning Routine Best in daily life. The third chapter will showcase real-world examples of how Morning Routine Best can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Morning Routine Best in specific contexts. This chapter will explore how Morning Routine Best is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Morning Routine Best. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Morning Routine Best.

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### **Morning Routine Best Introduction**

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