



# 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 Best Setup

**G Orfield**



## **Morning Routine Best Setup:**

Immerse yourself in the artistry of words with is expressive creation, **Morning Routine Best Setup** . This ebook, presented in a PDF format ( \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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