



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 Returns

Lauren Gardner



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web get all of the updates on game updates all the news on new releases as well as the inside scoop on what goes on behind the scenes of the angry birds games from the creators themselves

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web for the application set amongst them see angry birds game for some information on the birds from space see space flock for the group of the birds see the flock the birds are one of the main species that appear in the angry birds franchise they come in varieties of different species

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