



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

Rachel S Tattersall



Morning Routine This Week:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Morning Routine This Week**

In some sort of inundated with monitors and the cacophony of instant communication, the profound energy and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the continuous assault of noise and distractions. However, located within the musical pages of **Morning Routine This Week**, a charming function of literary splendor that pulses with raw emotions, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that magical opus manuals visitors on a mental odyssey, lightly revealing the latent possible and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key subjects, dissect its fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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