



# 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 This Week

**Ying-Ying Zheng**



**Morning Routine This Week:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Morning Routine This Week** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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