



# 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 Top Returns

**L Reisser**



**Morning Routine Top Returns:**

Eventually, you will very discover a additional experience and triumph by spending more cash. yet when? reach you consent that you require to acquire those every needs afterward having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more on the subject of the globe, experience, some places, afterward history, amusement, and a lot more?

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