



# 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 Tutorial

**Clifford Lane**



## **Morning Routine Best Tutorial:**

## Unveiling the Magic of Words: A Report on "**Morning Routine Best Tutorial**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Morning Routine Best Tutorial**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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