



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 Top

D Kirk



Morning Routine Top:

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Olly Sheehan **The Mind Coach** **The Balance Equation: Find Your Formula for Living Your Best Life** Rob Fiance, Stuart Rosenblum, 2023-03-23 Struggling to Live Your Best Life This breakthrough book shows those who feel overwhelmed or just unable to find balance how to move closer to this elusive and vitally important goal Virtually everyone struggles to stay balanced and carve out time for the things that are most important to them a task that is increasingly difficult in today's frenetic world In **The Balance Equation Find Your Formula for Living Your Best Life** authors Rob Fiance and Stuart Rosenblum offer a simple but comprehensive program for balancing the four life categories of self health relationships and

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