



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

Emilie Sanchez



Morning Routine Top:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Morning Routine Top**

In some sort of inundated with monitors and the cacophony of immediate interaction, the profound energy and mental resonance of verbal art usually disappear into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, set within the lyrical pages of **Morning Routine Top**, a fascinating perform of literary elegance that pulses with fresh emotions, lies an unique trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that enchanting opus books visitors on an emotional odyssey, delicately exposing the latent potential and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect its fascinating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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