



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 Setup

B Lingard



Morning Routine Best Setup:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Morning Routine Best Setup** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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