



# 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 Tips Tutorial

**SA Dillow**



## **Morning Routine Tips Tutorial:**

## **Morning Routine Tips Tutorial** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Morning Routine Tips Tutorial**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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