



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

Kirsten Birsak de Jersey



Morning Routine Best Setup:

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Morning Routine Best Setup** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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