



# 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 Download

**RJ Alexander**



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**Morning Routine** Bill McDowell, 2014-08-12 Morning Routine How to Wake up and Conquer Your Day In this book you can find many useful tips of how to start your day in the most effective way You will learn all necessary elements which are needed to feel full of energy during the whole day You can find there also many ways of how to improve your health and habits which will show you a new way of life Also with Two complete Bonus chapters with information you can use right away and Now Download this Bestseller Now To conquer your day you should include into your morning routine good sleep at night short morning exercises hearty breakfast fresh air into your brain conditioning your favorite music affirmation and simplification which are topics of this book I thoroughly deal with topics like how the good and regular sleep influences your next day You can find there useful advice which will teach you how to get up fresh and full of energy in the morning Don t waste time Learn this today This book contains proven steps and strategies on How to Wake Up and Take the Day By Storm This book contains proven steps and strategies on how to start your day in the most effective way You will find here some useful steps of how to change your morning routine to improve your health and habits which will surely make your waking up a pleasant thing You will get guidance through topics which are deeply connected with proper waking up in the morning and useful activities you should do before going to work Be sure that with these tips you will improve your health on the long term basis and morning will be for you the most favorite part of the day In this book you will discover the importance of regularity connected with the quality sleep importance of short but intense morning workout how and why to get fresh air into your brain in the morning influence of conditioning on your day and on your life special functions of music on your

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