

# Morning Routine



hydrate



self care



go screen free for 30 minutes



detox juice



healthy breakfast



10 minute stretch



GRATITUDE LIST



top priority to do list



go out for fresh air

# Morning Routine Tips Install

**John Frank Smith**

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**The Daddy Guide** Kevin Nelson,1998 From being in the delivery room at birth to saving for a child s education The Daddy Guide is jam packed with useful information on all aspects of the challenging and rewarding experience of fatherhood  
*Dental Science Journal of Australia* ,1927    *Coal Mining* ,1930    **1001 Do-it-yourself Tips** ,1995 Presents over 1 000 tips for do it yourself projects around the house beginning with an overview of tools safety and techniques and providing advice on activities such as painting restoration building shelves installing plumbing fixtures and decorating

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