



# MY IDEAL

# *morning*

@myjourney.app

## ROUTINE



### 1. WAKE UP

6.20am



### 4. EXERCISE

7.00am



### 7. HAIR + MAKE UP

7.45am



### 2. JOURNAL

6.25am



### 5. HOT BATH

7.15am



### 8. BREAKFAST

8.00am

500ML



### 3. HYDRATE

6.40am



### 6. DRESS

7.25am



### 9. START YOUR DAY

8.15am

# Romantasy S Morning Routine Best

**Gary Radad**



## **Romantasy S Morning Routine Best:**

**How to Write Romantasy** Jenna Moreci, 2025-10-21 Learn the craft of creating a page turning romantasy novel in this easy to follow guide from writing expert and renowned author of The Savior s Series Jenna Moreci In How to Write Romantasy Moreci takes you from your first kernel of inspiration through the resolution of your novel ensuring you hit all the key elements along the way Chapters are organized around specific plot points necessary skills and common questions covering topics such as building a fantasy framework creating compelling characters learning the art of the tease and bringing home the happily ever after Each chapter is followed by a summary that you can use for quick reference You will learn How to marry the fantasy plot with the romantic storyline How to write a marketable book that romantasy readers will love How to create a shippable pairing that makes fans swoon How to build romantic and physical chemistry How to pace the story if you re writing a series Delivered with a hefty dose of humor Moreci s clear and simple methods are accessible for writers of all experience levels With How to Write Romantasy you will walk away with a deeper understanding of the genre and plenty of inspiration to build your very own romantasy novel

## **Enchanting Temptations in Shadow** Stephanie

Julian, 2024-02-28 No escape no fun no sex What s a forgotten goddess to do Kari It s been three months since I was kidnapped and my two hot captors have yet to lay a hand on me I haven t even been playing hard to get In fact I ve made it clear I d be more than happy to pass the time more pleasurably Sure Den and Jacoby may work for the bad guys but they re not evil I can tell They re yummy And they re up to something Den I would gladly give Kari everything and anything she wants I want to take her up on the offer in her teasing smile but I need something in return My mother is dying and I need Kari to get her to the only place that can cure her the lucani wolf den Where they would shoot Jacoby and me on sight Jacoby I also need Kari s help to get my sister Emelia away from my evil father I ll do whatever it takes to make sure my father can t corrupt Emelia If that means defecting to the shifters I ll do it in a heartbeat Especially if that also means I can continue to see Kari Den and Jacoby kidnap Kari from their evil overlords and set off to rescue Emelia None of them expect the fight to cost more than they re willing to pay

## **A Taste of Greek (Out of Olympus #3)** Tina Folsom, 2014-06-27

Olympus is in chaos Hermes heart is next When the gods teleportation source Hermes enchanted sandals are snatched by a mortal the swift messenger god finds himself in a race against time with more than just godly order on the line The thief is Penelope a brilliant and beguiling Greek studies professor whose fascination with ancient mysteries has led her down a dangerous path As Hermes pursues the captivating mortal their encounters crackle with wit and undeniable attraction But others covet the sandals power turning their chase into a perilous game with high stakes Now Hermes must not only outsmart cunning adversaries and retrieve his stolen artifacts but also guard his heart against the captivating Penelope who seems determined to unravel his immortal composure one brilliant smile at a time Get swept away in A Taste of Greek the thrilling third book in the Out of Olympus series a sparkling romantic fantasy where a charming god and a fiercely intelligent mortal find

themselves entangled in a high stakes adventure that could steal their hearts away About the Series Out of Olympus is a humorous and spicy paranormal romantic comedy series following the romantic adventure of four gods in Charleston South Carolina Triton Dionysus Hermes and Eros It s full of mischief laughter comedic scenes sensual love scenes witty dialogue and a little slapstick Interference by Zeus and Hera and other Greek Gods is guaranteed Out of Olympus Book 1 A Touch of Greek Book 2 A Scent of Greek Book 3 A Taste of Greek Book 4 A Hush of Greek Scanguards Vampires Book 1 Samson s Lovely Mortal Book 2 Amaury s Hellion Book 3 Gabriel s Mate Book 4 Yvette s Haven Book 5 Zane s Redemption Book 6 Quinn s Undying Rose Book 7 Oliver s Hunger Book 8 Thomas s Choice Book 8 1 2 Silent Bite A Scanguards Wedding Novella Book 9 Cain s Identity Book 10 Luther s Return Novella Mortal Wish Book 11 Blake s Pursuit Novella 11 1 2 Fateful Reunion Book 12 John s Yearning Book 13 Ryder s Storm Book 14 Damian s Conquest Book 15 Grayson s Challenge Book 16 Isabelle s Forbidden Love Book 17 Cooper s Passion Book 18 Vanessa s Bravery Book 19 Patrick s Seduction Thriller as T R Folsom Eyewitness Stealth Guardians Lover Uncloaked 1 Master Unchained 2 Warrior Unraveled 3 Guardian Undone 4 Immortal Unveiled 5 Protector Unmatched 6 Demon Unleashed 7 Code Name Stargate Ace on the Run 1 Fox in plain Sight 2 Yankee in the Wind 3 Tiger on the Prowl 4 Hawk on the Hunt 5 Venice Vampyr Wicked Lover 1 Final Affair 2 Sinful Treasure 3 Sensual Danger 4 The Hamptons Bachelor Club Accidental Escort 1 Accidental Truth 2 Accidental Scandal 3 Accidental Exposure 4 Accidental Imposter 5 Accidental Indiscretion 6 Time Quest Book 1 Reversal of Fate Book 2 Harbinger of Destiny The Out of Olympus series has it all weddings fake fianc s humor mischief love at first sight blind protagonist forced proximity kidnappings Greek Gods idyllic settings instalove hidden identity soul mates amnesia woman in peril damsel in distress band of brothers romantic comedy fish out of water

**The Fifth Sister** Z. L. Arkadie, 2011-12-15 Meet Glo Slater waitress late bloomer and secretly a vampire slayer When the hottest guy she s ever seen moves in across the hall Glo thinks her boring life might finally get interesting She s right but not in the way she expects He s a vampire And not just any vampire he s a slayer too And apparently so is she Glo is about to awaken powers she never knew she had and uncover a destiny that links her to ancient bloodlines and a brooding vampire named Finn Elo A steamy fast paced novella in The Parched Series perfect for fans of paranormal romance vampire romantasy and fated mates

Prismatic Crown Daphne Charlaine , Prismatic Crown A Romantasy of Forbidden Light and Shattered Time When seventeen year old Eira unlocks the astonishing ability to bend light and time on her birthday her world spirals into a realm of enchantment and danger Pulled into the mystical Elfenwald by Caelum her father s steadfast knight Eira uncovers her true heritage as the half elven offspring of the slain Prince of Aether Trapped in a decaying kingdom ruled by the icy grip of usurper king Thaelar Eira embarks on a quest to find the elusive cure for her mother s mysterious affliction Guided by Prince Aelric with whom she shares an undeniable bond that defies the chaos surrounding them Eira must navigate treacherous political landscapes while mastering her newfound powers over light and time As their forbidden love deepens amidst looming threats Eira is torn between saving her mother or

embracing a future with Aelric In a heart pounding tale of sacrifice and resilience Eira is driven by fierce determination to mend fractured realms and restore balance to two worlds on the brink of collapse Will she choose duty over desire or risk everything for love in a breathtaking journey that challenges fate itself Dive into a world where courage meets destiny and discover the power that lies within one girl to shape the course of history Claimed by the Undead C.L.

Carhart,2025-05-20 Enter the Teutonic Fantasy Realm in this slow burn first in series dark romantic fantasy saga featuring a witch of light and her sinister muse One novice witch One cursed sorcerer A slow burn romantasy series drenched in darkness Helena For a lifetime I believed myself peculiar someone discontent with the Alpine village I call home A loveless marriage and tedium awaited me until an encounter with a cursed sorcerer awakened me to a realm of magic I m a Teuton witch of light The only witch in my village The only witch who caught the attention of the reclusive priest inhabiting a fortress atop a snowcapped mountain The only witch to view him as a human soul not a wicked vampire damned to hell When he returns to me I ll join him without question Even if my family disapproves Even if it means leaving home forever Konstantin After falling under the filial curse my demon lord set me loose upon the earth with a single stipulation Just one rule Don t succumb to love s cruel sway No problem at all Or so I thought I never expected to cross paths with a defiant witch who challenged my grim fate Or to concoct an elaborate lie about her to protect us both from infernal punishment And from the wrath of my ruthless peer Claimed by the Undead is a slow burn dark romantic fantasy featuring star crossed lovers a dangerous hero and a sassy heroine who refuses to accept his dismal fate It is Book 1 in the This Earthen Cage saga and ends on a cliffhanger It includes strong language graphic violence death and mature themes This Earthen Cage Series Claimed by the Undead Hunted by the Undead Pledged to the Undead Fans of the following authors will enjoy reading these deliciously dark romantic fantasy stories Sarah J Maas Holly Black Deborah Harkness Leigh Bardugo Laura Thalassa Elise Kova Richelle Mead Robert Jordan Cassandra Clare Raven Kennedy Kim Harrison Scarlett St Clair Nalini Singh Sherrilyn Kenyon Laura Greenwood Liza Street Lisa Blackwood Demelza Carlton Skye MacKinnon **The Ultimate Morning**

**Routine - 2nd Edition** Morning Routine,Morning Ritual,2014-08-12 The Ultimate Morning RoutineToday only get this Amazon bestseller for just 2 99 Regularly priced at 4 99 Read on your PC Mac smart phone tablet or Kindle device Note This is the updated version WITHOUT all the grammatical errors and typos that existed in the previous version Edition number 1 And thank you to all of the thousands of people that downloaded the book during the free promotion I m so grateful for that support I will continue to work hard on providing you with great content Thank you Brian The Ultimate Morning RoutineYou re about to discover how a morning routine a morning ritual The Hour of Power will help you start your day right and become much more productive This is the secret weapon that helps all successful people like CEO s of major corporations athletes and other high achievers to reach to the top of their field If you think you are ready to start your journey to a successful and productive life then let this book help you discover the importance of starting the day right Here Is A Preview Of What You ll

Learn Why you have to start your day right Why a morning routine or morning ritual is crucial to your success What The hour of Power is How to use quite time Mental conditioning How physical activity will give you an extra boost The 21 day challenge Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99 You owe yourself a better start of each day c 2014 Brian Ledger All Rights Reserved Tags morning routine morning ritual hour of power productivity success early riser getting things done time management productivity hacks wake up happy wake up successful wake up early wake up productive meditation prayer **Finding A Good Morning Routine** Mario Hych, 2022-03-14 This creator has explored fruitful day to day schedules The book s substance applies to individuals of fluctuated ages and in various life circumstances yet it is coordinated well This book will tell you the best way to change your morning schedule and at last completely change you Observing a morning schedule that works for you can send off you in an effective way and assist you with observing the equilibrium that you have been searching for What makes a decent morning schedule is different for everybody For certain individuals beginning the day with extraordinary activity like running is the method for kicking start their mind and get their efficiency streaming For others calm contemplation is the way into a useful day This book can tell you the best way to recognize what wake up routines are the best for you given your character and way of life so you can go to get up in the first part of the day from a means to an end to something that you anticipate consistently *The Little Book of Morning Routines* Krystian Szastok, 2019-12-23 Learn how you can take charge and transform your day through a simple minimum 5 minute morning routine You will learn new ways to boost your energy in the mornings how to build your morning routine and how to stick to the habit of morning routines Krystian Szastok has written this book based on his research and practice of morning routines over many years he has been coached and mentored by extremely successful entrepreneurs and life coaches to maximise his everyday success and bring a mix of self discovery and motivation to your morning The book doesn t just cover morning routines but also helps you discover your inner calling and add more purpose to your life These qualities and accomplishments will bring you closer to others in your life and help you grow new relationships From inside of the book Imagine if you could wake up get inspired get some exercise read meditate plan your day hydrate have your morning coffee work on your side projects and send messages to your loved ones all before the majority of the world is even awake I did all this today as I m writing this book by waking up at 4am and just doing it You can accomplish these things too just start waking up 15 minutes earlier than you would usually take small steps I used to wake up at 7am for a year because that felt like my absolute earliest due to climate I wasn t functioning well it was way too hot in Asia for me Who is this book for If you re someone who wants to achieve more in your life this book is for you If you re a freelancer or a business owner and you have a lot of daily responsibilities this book is for you If you re in a relationship and want to connect better with your partner or if you re currently single this is a book for you Whatever stage of life you re at or lifestyle you re leading adding morning routines will skyrocket your daily performance **Finding A Good Morning**

**Routine** Alexandra DeShields,2021-07-15 This author has obviously researched successful daily routines The book s content applies to people of varied ages and in different life situations but it is organized well This book will show you how to change your morning routine and ultimately change your life Finding a morning routine that works for you can launch you onto a successful path and help you find the balance that you have been looking for What makes a good morning routine is different for everyone For some people starting the day with intense exercise like running is the way to kick start their brain and get their productivity flowing For other people quiet meditation is the key to a productive day This book can show you how to identify what morning rituals are the best for you based on your personality and lifestyle so that you can turn to get up in the morning from a necessary evil to something that you look forward to every day      **Win the Morning, Win the Day** C. W. V. Straaten,2018-09-20 Take Control Of Your Morning Take Control Of Life Habits are a straightforward path to excellence This workbook gives you the tools to create a keystone habit that will have an astonishingly positive and lasting effect If you re willing to give up snoozing willing to create a simple but powerful habit and willing to take action for 21 days straight then this book will be your solution to a better life In this book you will learn how to Create an intelligent inspiring and energetic morning ritual Be aware of how habits work and how you can make them work for you Habitualize a morning ritual during a 21 Day challenge      **Master Your Morning Routine** Chris Estrada,2021-04 Get Rid of Your Bad Habits Today With the Help of This Guide and Become a Person That Can Accomplish Anything With Ease Would you like to discover the secret to success Would you like to improve your self discipline and organizational skills Would you like to stop procrastinating If so this book will show how to turn your bad habits into good ones and you ll achieve any goal with ease Humans are creatures of habit We tend to repeat the things that give us pleasure and satisfaction but most often these habits have a negative influence on our ability to perform our day to day tasks successfully Did you know that accomplished people tend to have more positive habits which is the main factor that contributes to their success If you want to become a successful person you need to learn what these positive habits are and how to incorporate them into your daily life with this guide in your hands that process will be a piece of cake The step by step guides and expert strategies will show you the quickest and easiest way to implement a morning routine in your life that will transform you from procrastinator to achiever in no time Here is what this morning routine guide can offer you Simple morning routines of successful and organized people A step by step guide to implementing these morning routines in your life with ease Ten easy steps for habit stacking Mindfulness exercises to improve self discipline Expert strategies to eliminate bad habits from your life And much more If you wish to become a successful and accomplished person you can start now all you need to do is to follow the simple step by step guides found in this book the success will come in no time What are you waiting for      **Making A Strong Morning Routine** Tommy Bohlen,2021-07-14 This author has obviously researched successful daily routines The book s content applies to people of varied ages and in different life situations but it is organized well This book will show you how to change your morning

routine and ultimately change your life Finding a morning routine that works for you can launch you onto a successful path and help you find the balance that you have been looking for What makes a good morning routine is different for everyone For some people starting the day with intense exercise like running is the way to kick start their brain and get their productivity flowing For other people quiet meditation is the key to a productive day This book can show you how to identify what morning rituals are the best for you based on your personality and lifestyle so that you can turn to get up in the morning from a necessary evil to something that you look forward to every day

**Morning Routine** Bastian Penn,2015-12-14 Discover how to start with your morning routine energize your day and life Wouldn't you like to know a routine that brings you energy satisfaction meaning to your life and helps you to achieve your goals In this book you will find out What works the best when you wake up How to energize your body What are the benefits of doing morning routine How can it affect your overall achievements and much more Since I've introduced this morning routine to my day my life has improved enormously I am sure you can benefit from it too This is a LIMITED 9 79 OFFER so scroll back on top and grab your copy NOW 2nd Edition Improved Cover Quality

*Miracle Morning Routine* Bastian Pen,2016-03-31 Discover how to start with your morning routine energize your day and life Wouldn't you like to know a routine that brings you energy satisfaction meaning to your life and helps you to achieve your goals In this book you will find out What works the best when you wake up How to energize your body What are the benefits of doing morning routine How can it affect your overall achievements and much more Since I've introduced this morning routine to my day my life has improved enormously I am sure you can benefit from it too This is a LIMITED 9 79 OFFER so scroll back on top and grab your copy NOW

[The Miracle Morning Routine Daily Journal \(aka. 7-Step Morning Routine\)](#) Miracle Journals,2020-12-30 A Guided Journal for Morning Routines Thanks to Hal Elrod and his best selling book *The Miracle Morning* mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people's morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six activities 1 That's for you to find out The *Miracle Morning Routine Journal* contains seven steps and will help you stay on track 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don't wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don't have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain



thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn't matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warren Buffett and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make a significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn't have to be anything rigorous but some kind of activity is good

**Take Back Your Mornings** Ged Davis, 2021-02-09 55% OFF for Bookstores Now at 23 95 instead of 34 95 If you want to create a morning routine that will set your day up for success even if you're not a morning person then this book is for you Your customers will never stop THANK YOU Whether you realize it or not your morning dictates the rest of your day Wake up on the wrong side of the bed and you know you're going to be spitting fire by the end of the day Hop out feeling fresh and rejuvenated and it's all smooth sailing from there But how can you stop leaving it to chance and start taking control over your mornings What can you do to start your day off on the right foot You need a killer morning routine and that's what this book is going to help you create It all starts with how you treat yourself in the morning You'll learn how to create a mindset of positivity from the moment you open your eyes and the things you need to incorporate to get the ball rolling In addition you'll discover Everything you need to include in your morning routine What foods set your day up for success How to use breathing techniques and gentle movement to wake up your body and mind The best way to begin your day at work and achieve maximum productivity How to stay positive despite day to day struggles How conceptual thinking can help not just your mornings but your life in general What the right morning routine does to turn your life around And much more If you're struggling to take back your mornings you need a guide to point you in the right direction Turn around your mornings and you can turn around your life It all starts here BUY IT NOW and let your customers get addicted to this amazing book

**The Morning Ritual** Gary Radad, 2016-05-05 The Morning Ritual The Only Routine that is certain to change your life 180 degrees That morning routine of yours that you might have set on the back burner for way too long might really be far more important than you think it is provided it is designed to deliver the best possible results of course And just what might those results be you might ask Well to look and feel awesome of course

**Magic Mornings** Josie Baxter, 2018-02-09 We

want to be more in control We also want to be calmer and less stressed And we want to create a good morning routine We can achieve ALL of these goals with the newest release from Josie Baxter called Magic Mornings Based on these exciting teachings you will learn about all the dramatic benefits of having a routine and being able to plan the start of the day This book is built around a very clear concept avoid chaos at the start of the day It s not just about getting more out of life Making your whole day better by getting the first few hours right is linked to being more organised This is because you are more in control In this book we look at all of the ways you can improve your own day by getting the first few hours right starting with being organised This book will also look at the many other steps that can be taken to support this goal from deciding what is important to creating a plan Even the choices you make about what is important to you and what to ditch can have an impact on your whole day by getting the first few hours right In Magic Mornings we ll cover all the bases giving you everything you need to know to streamline your morning to achieve what you want and create a calmer start to the day [The Morning Routines of the Most Successful People on Earth](#) Stephen Jones,2019-01-05 Win Your Morning Win Your Life The Morning Routine Of The Most Successful People On Earth Today only get this Amazon bestseller for just 2 99 Regularly priced at 10 99 Read on your PC Mac smart phone tablet or Kindle device You re about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning So sit back and enjoy a fun educating and motivational time with this book to improve your life and set you on the right path to success in life Here Is A Preview Of What You ll Learn How getting up early could change your day Time management Benefits of exercising early in the morning How to properly plan your day Why you should have a schedule every day Benefits of having a simple closet Why self motivation is vital in your morning routine Surprising health benefits of drinking water first after waking up Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99

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## Romantasy S Morning Routine Best Introduction

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