

MY IDEAL

morning

ROUTINE

@myjourney.app



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



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Tips

S. J. Scott

Morning Routine Tips:

Morning Routine Tips Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has never been more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Morning Routine Tips**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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