



# 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

# Morning Routine Top Same Day Delivery

**D Keegan**



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*The Publishers Weekly* ,1893      *Scientific American* ,1899      *New York Review of the Telegraph and Telephone and Electrical Journal* ,1899      Industrial Engineering George Worthington,1899      **The New York Times Magazine** ,1998  
The Pharmaceutical Era ,1897      *St. Louis Daily Market Reporter and Merchants Exchange Price Current* ,1899  
*Transit Journal* ,1895      **Postmasters Advocate** ,1993      The Cultivator & Country Gentleman ,1883      *The Garden* ,1898      **Gardening Illustrated for Town & Country** ,1885      *Buildings and Building Management* ,1934      **Meyer Brothers Druggist** ,1916      *Distribution Age* ,1951      **The Practical Fruiterer & Florist** W. B. Shearn,Wilfred A. Jeffs,1935      D and W, Distribution and Warehousing ,1951      Demorest's Monthly Magazine ,1880      **Beef Today** ,2000  
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