



# 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 On Sale

**Rachel Sandford**



**Morning Routine Best On Sale:**

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, Explore **Morning Routine Best On Sale** . This educational ebook, conveniently sized in PDF ( \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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web uganda youth skills training project project title youth sustainable skills and empowerment implementing agency uganda youth skills training c o kampala polytechnic mengo p o box 14349 kampala uganda tel 0776830887 0712 830887 email ugandayouthskills rocketmail com

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web youth and iii propose relevant policy actions for policy dialogue in the short to medium term phase ii will be developed based on key findings from phase i including a skills training roadmap that assesses formal informal labor supply and demand structures and provide actionable recommendations for

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web trained in several skills as laid down by the project work plan of this proposal how ever the expected out put are 1 the registered youth will acquire skills of in hand craft training carpentry skills and metal fabrication welding business skill training and basic financial management there shall be training in tailoring and

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web this situation justifies the rationale for supporting the youth employment skills development project focusing on poor and vulnerable young people of the country and young people voluntarily repatriated from abroad building on lessons learned from the previous propct this project will train 2400 vulnerable and disadvantaged youth target

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web apr 1 2019 project goals and objectives Ø recognition of the national youth council nyc as the voice of the youth Ø sensitize all youth empowerment initiatives about the functions of nyc Ø mobilize

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