

# 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 Best

**Lingsheng Yao**

**Morning Routine Best:**

Discover tales of courage and bravery in Explore Bravery with its empowering ebook, Stories of Fearlessness: **Morning Routine Best**. In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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