



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 Coupon

BM King



Morning Routine Top Coupon:

Metal ,1893 **The Best Plays of 1973-1974** Otis L. Guernsey,1974 **Burns Mantle Best Plays and the Year Book of the Drama in America** Otis Love Guernsey (Jr.),1974 Complete Broadway and off Broadway programs directories of London Paris cross country off Broadway theater 1973-74 statistics articles photos The Rotarian ,1973-11 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Gandhi to Kurt Vonnegut Jr have written for the magazine **American Demographics** ,1999 *The Guaranty News ...* ,1913 **The Profession of Bookselling** Adolf Growoll,1893 **Travel Holiday** ,1993-02 **The Ladies' Home Journal** Edward William Bok,1987 Popular Mechanics ,1983-06 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Daily Report** ,1996-07 **New York Hotel Review** ,1927 *Rock Island Lines News Digest* ,1957 Popular Mechanics ,1984-08 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

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