

# 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



### 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 off Broadway theater 19734 74 statistics articles photos    The Rotarian ,1973-11  
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