



MY IDEAL

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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 Best

Silas Mary



Morning Routine Best:

Whispering the Techniques of Language: An Mental Journey through **Morning Routine Best**

In a digitally-driven earth where displays reign supreme and instant connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases usually move unheard. Yet, situated within the pages of **Morning Routine Best** a interesting literary treasure pulsating with raw emotions, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, this charming opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within ab muscles material of each word. Within the mental depths with this touching evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect its fascinating writing fashion, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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