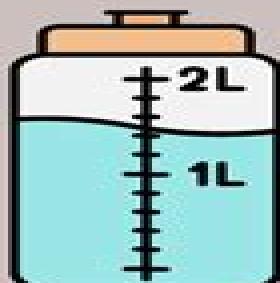


Morning Routine



hydrate



self care



go screen free for 30 minutes



detox juice



healthy breakfast



top priority to do list



10 minute stretch



5 minute journal



go out for fresh air

Morning Routine Update

Carolyn Z. Gillay

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