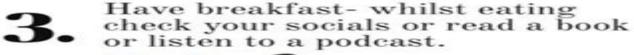
Realistic morning routine



- Wake up and make your bed immediately so your not sat in bed for ages, count down from 5 and get up!
- 2. Journal for 5-10 minutes.







- Take a cold refreshing shower to help start your day up.
- 5. Get dressed in an outfit you feel the most comfortable yet confident in.
- 6. Do your morning skincare routine and hair care routine. Style your hair to make you look more put together.



- Do your makeup, add perfume, pick a bag and accessorise your outfit.
- 8. Go for a walk to help clear your mind before your say officially starts.

Wake Up Morning Routine Change

M Mosston

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