

Lovely Morning Routine

- ☐ Wake up at 6am, have a glass of water
- ☐ Do physio exercises, mind yoga then dance
- ☐ Have another glass of water
- ☐ Prepare a bottle of water, get headphones and walk/ jog down the river
- ☐ Have a shower, put make up on and do hair
- ☐ Have breakfast and watch YouTube
- ☐ Go and do your day :)