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 :)

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