

Morning routine idea

1



A glass of
lemon water

2



Morning wake up
workout

3



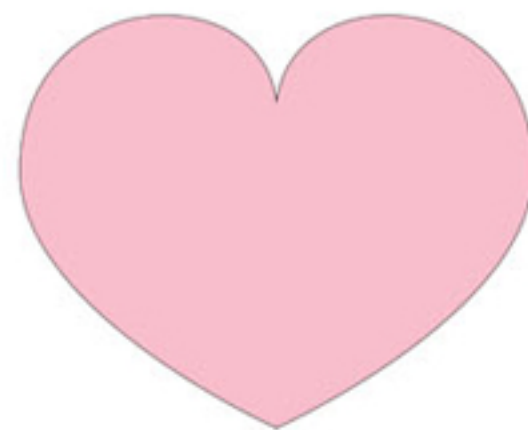
Healthy
breakfast

4



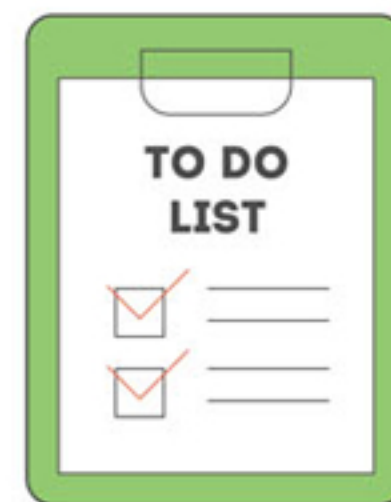
Skin routine, teeth
and make up

5



Morning
meditation

6



Start doing
stuff from your
TO-DO list

Evening routine idea

1



Prepare clothes
for the next
day

2



Prepare TO-DO
list for the next
day

3



Eat light meal
and drink a
glass of water

4



Turn off
electronics 2
hours before
sleep time

5



Take care of
your skin

6



Meditate or
read a book