



Petal & Paper

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Morning routine



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S T A R T T H E D A Y R I G H T

morning routine

6:30 am · Wake up — no phone for 30 minutes

6:35 am · Drink a glass of water

6:40 am · Make the bed

6:45 am · 10 minutes movement or stretching

7:00 am · Shower and get ready

7:20 am · Breakfast — no screens

7:40 am · Set the day's top 3 priorities

7:50 am · Ready for the day

H O W Y O U S T A R T T H E D A Y I S H O W Y O U
L I V E T H E D A Y

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