

A woman with blonde hair, wearing a red bikini, is sitting on a beach. She is holding a white journal and a pen, writing in it. The background shows the ocean and a clear sky. The text is overlaid on the image.

# THE MINDFUL MORNING ROUTINE 30 DAY CHALLENGE

- DETAILED INSTRUCTIONS
- 30 DAILY JOURNAL PAGES + PROMPTS  
TO GUIDE YOU THROUGH  
EACH DAY
- 30 INSPIRING QUOTE IDEAS
- 30 AFFIRMATION IDEAS
- 30 MORNING ROUTINE IDEAS
- REFLECTION QUESTIONS



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# Morning Routine Today Open Now

**Lingjun Ying**



## **Morning Routine Today Open Now:**

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do they know the extent of the U S Military s plans Marshall a United States Marine Scout Sniper is recruited for an elite killing team with a mission shrouded in mystery Despite his loyalty he questions his commands after learning that the government has been lying to him Jerrod Marshall and their teams of trained fighters are destined to meet in Billings Montana one of the only remaining cities in the Outliers With Jerrod and his family learning more secrets and the U S Military accelerating its destructive tactics the stage is set for an ultimate showdown

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