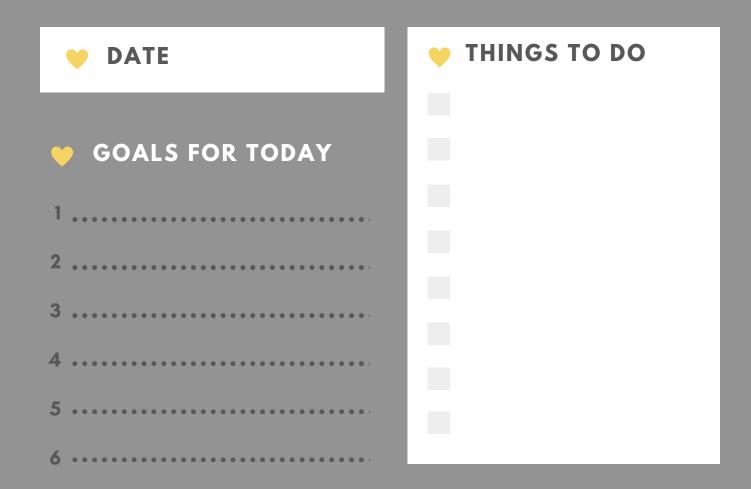


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7 MORNING RITUALS

-	7 AM	Stretch your whole body
2	7.05 AM	Make your Bed
က	7.15 AM	Do your morning affirmations
4	7.20 AM	Exercise, even 5 - 10 mins can help
5	7.30AM	Dry brush your whole body
9	7.40 AM	Drink a glass of cold water or try a glass of warm water with lemon
7	7.45 AM	Set some goals for the day

be happy today



MORNING AFFIRMATIONS