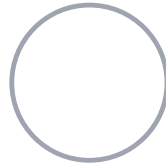
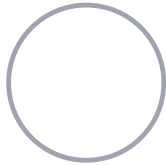


Einschlaf-Routine



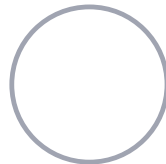
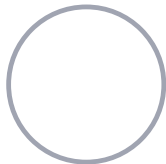
feste Schlafenszeit



Plan für morgen



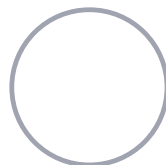
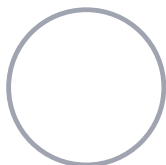
Tee trinken



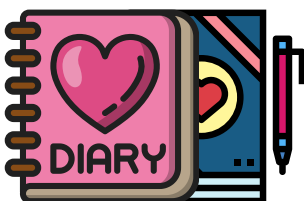
Hautpflege



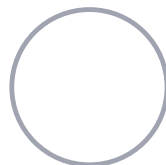
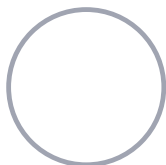
Zähne putzen



entspannen



Journaling/Tagebuch



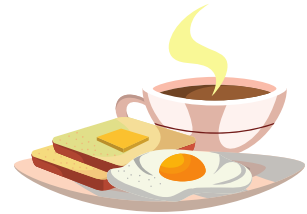
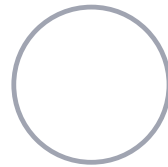
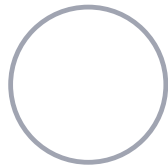
Buch lesen

No drama - just relax

Morgen-Rituale



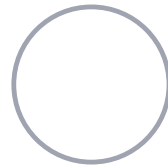
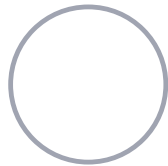
Meditation



leckeres Frühstück



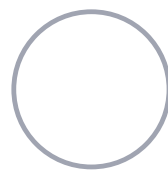
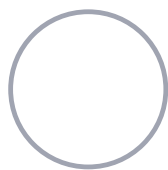
Coffee first



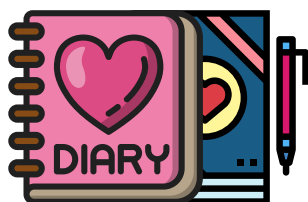
Hautpflege



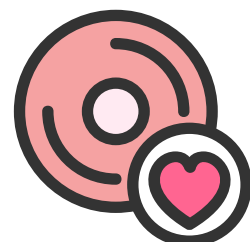
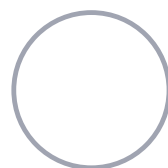
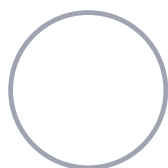
Intention für den Tag



Workout



Journaling/Morgenseiten



Lieblingsmusik an

No drama - just relax