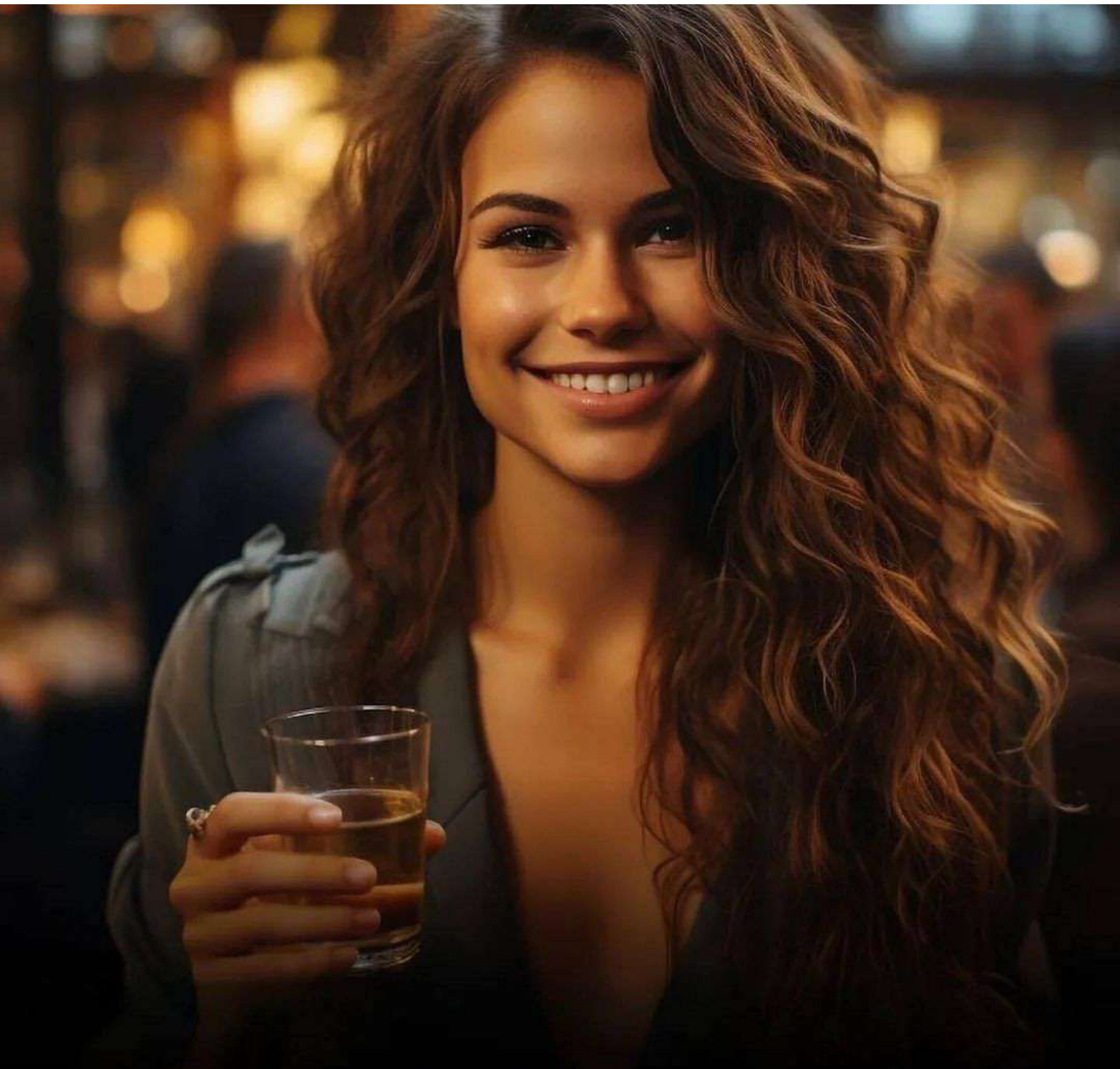




**SEVEN THINGS YOU
SHOULD DO BEFORE 7 AM**

SWIPE >>>



**1. DRINK WATER FIRST
THINGS IN THE MORNING AND
FRESH YOURSELF.**

SWIPE >>>

A close-up photograph of a hand swiping across a smartphone screen. The scene is dimly lit, with the primary light source being the screen itself, which casts a soft glow on the hand and the surrounding dark environment. The hand is positioned in the upper right quadrant, with the index finger making contact with the screen. The screen displays some faint, illegible text. The overall mood is quiet and focused.

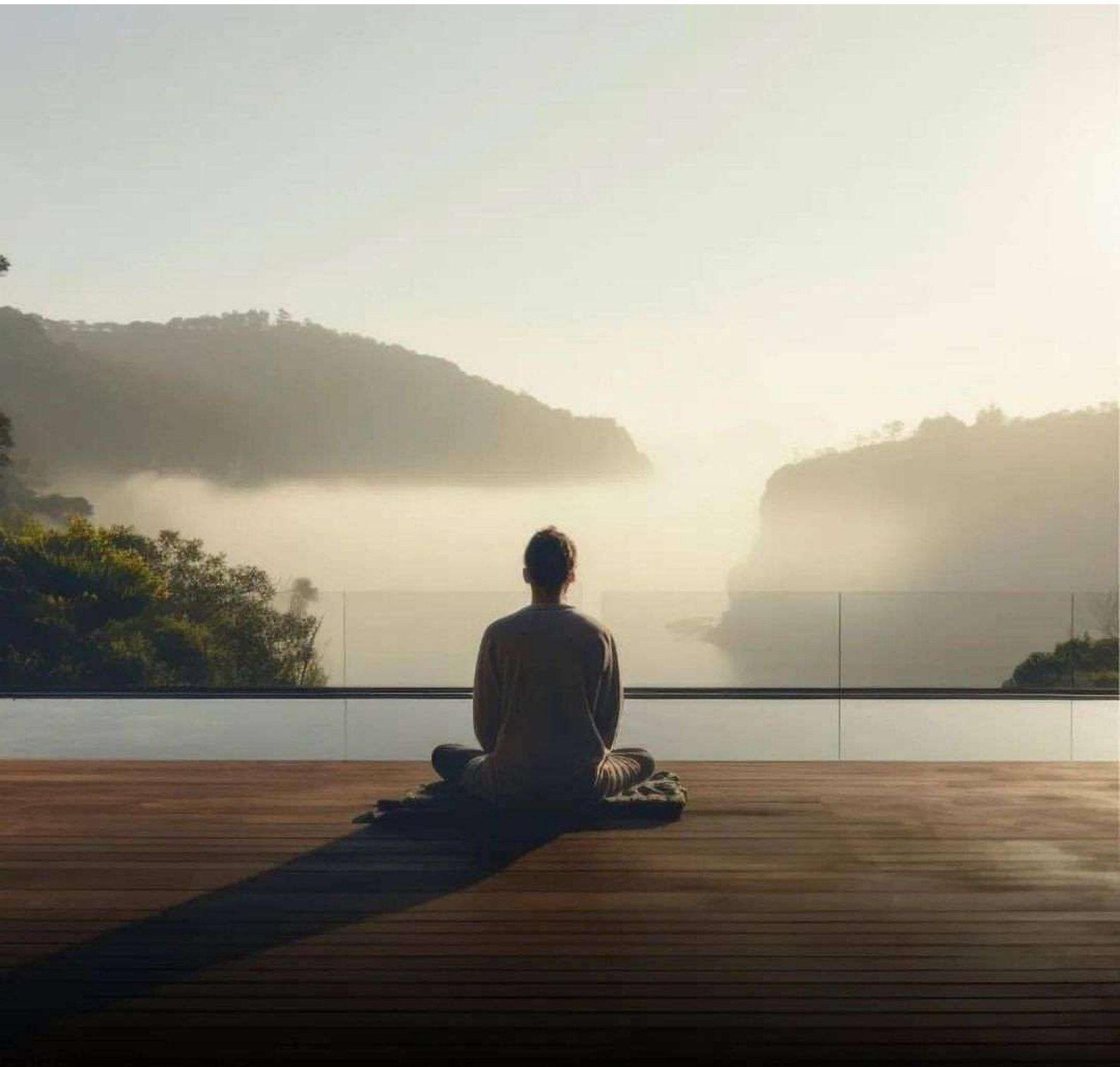
**2. DON'T CHECK YOUR
SMARTPHONE AND STAY
AWAY FROM IT.**

SWIPE >>>



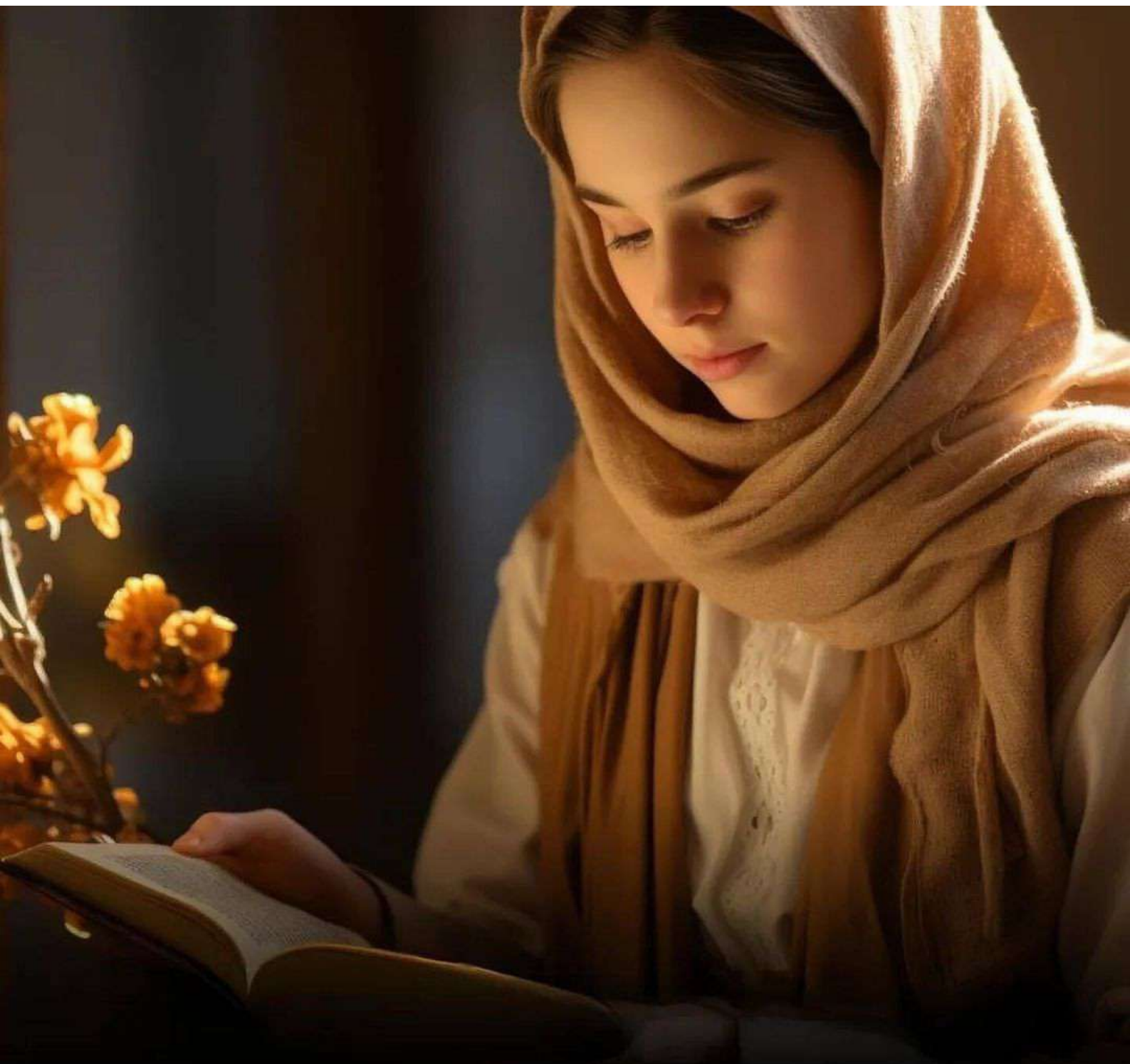
**3. WORKOUT FOR
30 MINUTES.**

SWIPE >>>



**4. MEDITATE FOR 10
MINUTES.**

SWIPE >>>



**5. PRAY AND READ 5 PAGES
FROM ANY SELF-
IMPROVEMENT BOOK.**

SWIPE >>>



**6. REVIEW YOUR GOALS OF
THE DAY AND PLAN.**

SWIPE >>>



7. TAKE A **SHOWER** BEFORE
YOU EAT.

SWIPE **»»**