



My Day

- Water glass(+visualization)
- Facial and Shower
- Ex for the neck, crunches, plank or yoga
- The Miracle morning - Meditation and Affirmation
- Reading Book
- LunguaLeo_Dictionary_Irina
- LunguaLeo_Dictionary_Yulya
- Workout
- LunguaLeo_Training
- Notebook_Sentenses
- Oxford_book_1 Unit
- Personal Diary
- Social networking
- Revit, 3dMax or SketchUp
- German language

Evening facial treatment

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