Jennifer Aniston's Morning Routine

Jennifer Aniston is one of the most beloved women in the world. If we are not following her latest haircut or what she's wearing, we are wondering how she looks so good and always seems to have that perfect glow. Here's a little insight into how you to can look good and glow just like Jen.



- [ ] Wake up between 8 am and 9 am (if nothing scheduled for the day)
- [ ] Wash face with cold water and soap to feel refreshed
- [ ] Meditation
- [ ] Coffee (collagen protein powder in coffee, great for hair, skin, nails, and joints)
- [ ] Fed and walk the dogs
- [ ] Journal for ten minutes
- [ ] Workout (different workout everyday to change it up)
- [ ] No phone/email/social media time until completed all of the above

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