

ROUTINE

Meaning: Routine: a regular sequence of actions or activities followed consistently, often to enhance productivity or provide comfort.

1. Establishing a morning routine can significantly improve your productivity throughout the day.
2. She found comfort in her evening routine of reading and sipping tea before bed.
3. The training program was designed to help athletes develop a consistent workout routine.
4. Breaking free from his monotonous routine, he decided to travel spontaneously for a week.
5. Maintaining a healthy routine is essential for both physical and mental well-being.

Source: sentences.whatistheurl.com

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