



EVENING ROUTINE checklist

EVENING ROUTINE IDEAS

- Set Yourself Up For Success
- Turn All Screens Off
- Wind Down Activities :
 - Journaling
 - Meditation
 - Detox Bath
 - Reading

PREPARE FOR THE FOLLOWING DAY

- Pack your lunch
- Lay out your clothes
- Pre-set your coffee machine to begin brewing before you wake up
- Household tasks
- Skincare routine