

EVENING REFLECTION & CALM

Digital Sunset (Devices away)

8:30 PM

Brain Dump / Journaling

9:00 PM

Skincare & Mindful Shower

9:15 PM

Prepare environment (Dim lights/Tea)

9:30 PM

Deep Breathing or Meditation

9:45 PM

Reading or Soft Music

10:00 PM

Today's Gratitude & Thoughts:

"Rest is a fundamental human need, not a reward."