

NIGHTLY WELLNESS

Date: _____

EVENING ROUTINE

Digital Sunset (No Screens)

Skincare Ritual

Hydration Check

Tomorrow's Prep

MINDSET

Today's Reflection:

DAILY GRATITUDE

1. _____

2. _____

3. _____

ENERGY & MOOD

LOW HIGH

SLEEP GOAL

Target Time: _____

Reading: ☐ Yes ☐ No

NOTES FOR TOMORROW

Rest is a productive activity.