

EVENING RELAXATION

Date: _____

TIME	RITUAL	DONE
6:00 PM	Digital Sunset: Disconnect from work devices	
6:30 PM	Mindful Meal: Nutrient-rich dinner without screens	
7:30 PM	Light Movement: Gentle stretching or evening walk	
8:15 PM	Skincare & Warm Bath: Aromatherapy and hygiene	
9:00 PM	Quiet Reflection: Journaling or reading fiction	
9:45 PM	Guided Meditation & Sleep Prep	

GRATITUDE & REFLECTIONS