

CALM EVENING ROUTINE

Finding peace before the stars come out

Tidy Living Space 5-minute reset for a clear morning

M

T

W

T

F

S

S

Prepare Tomorrow Layout clothes and pack essentials

M

T

W

T

F

S

S

Digital Sunset Screens off 60 minutes before bed

M

T

W

T

F

S

S

Skincare & Hygiene Wash the day away

M

T

W

T

F

S

S

Reading or Journaling Quiet reflection time

M

T

W

T

F

S

S

REFLECTIONS & GRATITUDE