

EVENING ROUTINE

MONTH: _____ WEEK OF: _____

HABIT / TASK	M	T	W	T	F	S	S
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Tidy living space / Kitchen

Prepare clothes for tomorrow

Skincare routine

Digital sunset (No screens)

Journaling / Gratitude

Reading (20 mins)

Light stretching / Meditation

Sleep by 10:30 PM

REFLECTIONS & IMPROVEMENTS: