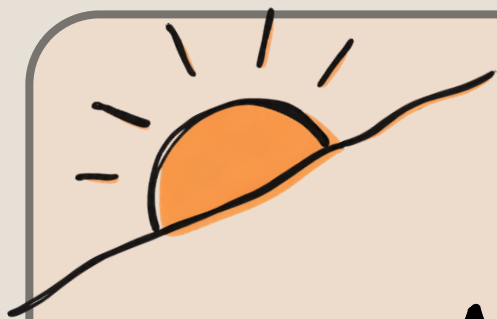




EVENING ROUTINE

☐

SHUT DOWN YOUR WORK

☐

PRIORTIZE TOMORROW

☐

EAT A LIGHT DINNER & WALK

☐

WIND-DOWN HOUR WITHOUT SCREENS

☐

PRACTICE BODY SELF-CARE

☐

WRITE JOURNAL & READ BOOKS

☐

SET SPACE AND REDUCE LIGHT

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FINAL SLEEP TIME AT 10 PM

