

Evening Routine Check List

a gentle unwind for a peaceful mind

Phase 1: The Transition



Clock Out

Log off work completely and close your tabs.



Decompress

Change into comfortable clothes and take a deep breath.



15-Minute Tidy

Set a quick timer and do a fast reset of your main living space.

Phase 2: The Reset



Prep the Launchpad

Place your keys, bag, and items for tomorrow by the door.



Outfit Selected

Lay out tomorrow's clothes to prevent morning decision fatigue.



Dinner Simplified

Confirm tomorrow's meal plan so you are ready to go.

Phase 3: The Wind Down



Digital Sunset

Put phones and screens away to charge in another room.



Sensory Shift & Connect

Dim lights, sip tea, and spend time connecting with a loved one.



Brain Dump

Write down lingering thoughts or to-dos so your mind can rest.



Pray & Anchor

Reflect on the day with God, read a grounding verse, and sleep.

wishing you a restful evening!