

Evening Routine

Ideas and Checklist

MIND

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| ☐ Journaling thoughts | ☐ Reading a book |
| ☐ Meditation practice | ☐ Reflecting on achievements |
| ☐ Deep breathing | ☐ Screen-free hour |
| ☐ Positive affirmations | ☐ Gratitude list |

BODY

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| ☐ Gentle yoga | ☐ Skincare routine |
| ☐ 5-mins stretching | ☐ Relaxing walk |
| ☐ Warm bath | ☐ Self-massage |
| ☐ Herbal tea | ☐ Creative hobby |

SOUL

- ☐ Evening prayer
- ☐ Spiritual reading
- ☐ Kindness acts
- ☐ Family time

PRODUCTIVITY

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| ☐ Planning tomorrow | ☐ Clearing clutter |
| ☐ Desk organizing | ☐ Goal review |
| ☐ Calendar check | |
| ☐ Meal prepping | |