

Evening Routine Task Checklist

Wind Down

- Limit screen time
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- Dim lights

Create a calm atmosphere

Prepare for Tomorrow

- Lay out clothes
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- Pack bag

Include essentials for the next day

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- Review next day's to-do list

Personal Care

- Face wash & brush teeth
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- Skincare routine

Reflection

- Journal / gratitude note
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- Read for 15 minutes
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- Meditate