

Evening Routine Task Checklist

Wind Down

☐ Limit screen time

☐ Dim lights
Create a calm atmosphere

Prepare for Tomorrow

☐ Lay out clothes

☐ Pack bag
Include essentials for the next day

☐ Review next day's to-do list

Personal Care

☐ Face wash & brush teeth

☐ Skincare routine

Reflection

☐ Journal / gratitude note

☐ Read for 15 minutes

☐ Meditate
