

# BEST EVENING ROUTINE RECIPE



REFLECT ON YOUR DAY



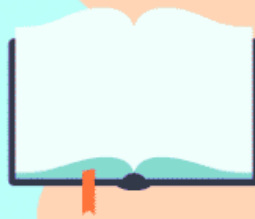
HAVE QUIET TIME



TAKE A MOMENT TO  
BE GRATEFUL



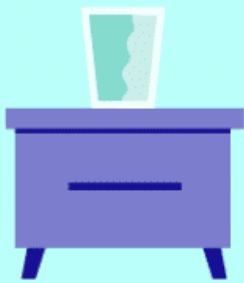
DO SOMETHING YOU LOVE



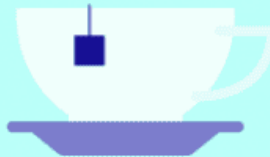
READ FOR 15MIN



PREPARE FOR TOMORROW



PUT A GLASS OF WATER  
BY YOUR BEDSIDE



DRINK CHAMOMILE TEA



SOAK IN THE TUB



# EVENING INVENTORY



What did you accomplish today?

What was the best part of your day?

How did you practice self love today?

What are you grateful for?

What do you need to let go of?



# MY EVENING ROUTINE

## 3 TASKS TO DO EVERY NIGHT:

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### 1. PICK UP

Spend 10 minutes picking up dishes, clothes, clutter, toys, etc. every night before bed so you can wake up to a clean and clutter-free house. Involve the whole family! When you all work together, it should take no more than 10 minutes!

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### 2. PREP



Spend a few minutes prepping for the next day. Prep the kids' lunches. Lay out your workout clothes and outfit for the next day.

Get all your quiet time materials prepped for the morning (Bible, journal, devotional materials, hymnal, diffuser, etc).



Take a look at what is coming up the next day, and see what you and/or your family can prep the night before. It will save you lots of time and energy the next morning!

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### 3. PLAN



Take a look at your schedule for the following day. What would you like to accomplish? What are the most important things you'd like to get done? Plan and write out your top 3 priorities for the following day. Make sure these are connected to your long term goals so you can make progress on what is most important. What gets scheduled gets done!

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