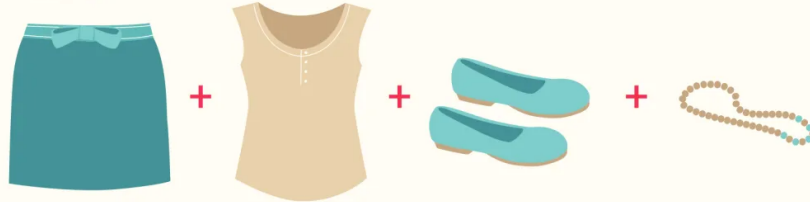


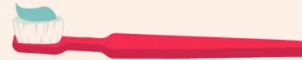
 before  
**BEDTIME**



Did you figure out what you're going to wear tomorrow?  
Save yourself time in the morning and do it now!



 **TOOTHBRUSH  
SQUATS**



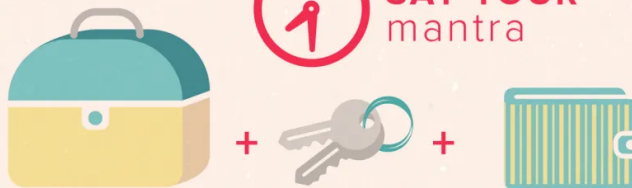
Get that blood flowing and do some squats  
and light stretching while you're brushing  
your teeth.

 **DON'T SING  
in the shower,  
SPEAK!**

Walk through everything you want to  
get done today while you lather up.



 **SAY YOUR  
mantra**



Keys, wallet, lunch ... we're all prone to forgetting something.

 **get something to  
LISTEN TO**

Make sure your phone is loaded up with a good  
podcast so you can make the most out of  
your commute!



HOW TO DEVELOP A

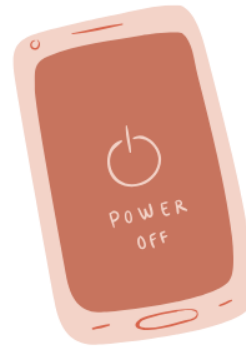
# Night Routine

IN 4 EASY STEPS

## The Unwind Part

Turn your phone off at least 30 minutes before bed and start playing some chill music to help your body relax

STEP  
1



STEP  
2

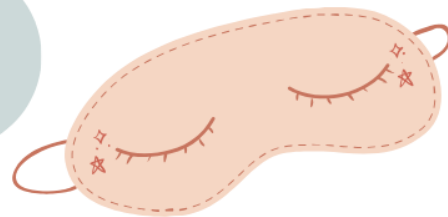
## The Beauty Part

Wash your face to get rid of all the impurities of that day. Finish applying toner + facial moisturizer

## The Soulful Part

Grab your journal and write down at least 3 good things that happened on your day. **Bonus tip:** 5 minutes of reading

STEP  
3



STEP  
4

## The Shutting Off Part

Tuck yourself up in bed as you do a sleep meditation or listen to some rain sounds. Sweet dreams, darling!



# Night Routine

FOR A BETTER NIGHT'S SLEEP

- ☾ Reflect on what I'm grateful for
- ☾ Give myself time to wind down
- ☾ Make a to-do list for tomorrow
- ☾ Pick out my clothes for the next day
- ☾ Sleep in a dark, cool room
- ☾ Find a sleep app that I enjoy