

A Wind-Down You Would Actually Do

Helps you build a short evening routine out of things you already like.

WHEN TO USE THIS

Use this once, then keep it where you will see it at night.

Tick what actually helps you settle. Leave the rest alone.

- ☐ A hot shower or a bath
- ☐ Stretching or moving slowly
- ☐ Reading something easy
- ☐ Music, radio, or a podcast
- ☐ Tidying one small thing
- ☐ Writing tomorrow's list
- ☐ A few minutes outside
- ☐ Nothing has worked so far

Pick three and put them in the order you would do them.

1. _____
2. _____
3. _____

What time would this start on a normal night?

What is most likely to knock it off course, and what will you do then?

If it takes more than twenty minutes, it will not survive a bad week. Keep it small.