

Getting Through the Evening

Make a plan for the hours after dark, when the day is done and it gets heavy.

WHEN TO USE THIS

Use this if evenings are the hardest stretch of your day.

What time does the evening start to get hard, and what changes then?

Three things that make evenings worse for you right now.

Scrolling, drinking, the empty apartment, silence.

1.

2.

3.

Three things that make an evening a little easier.

1.

2.

3.

Sketch tonight from dinner to bed. Keep it plain and short.

Evenings are long. A rough plan is easier to follow than an open stretch of hours.