



# Petal & Paper

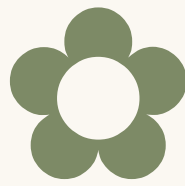
YOUR FREE PRINTABLE

## Evening routine



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W I N D   D O W N

# evening routine

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**8:00 pm** · No more work — close the laptop

**8:15 pm** · Tidy the main rooms

**8:30 pm** · Prepare tomorrow — clothes, bag, to-do

**9:00 pm** · Skincare and get ready for bed

**9:15 pm** · No screens — read, journal or stretch

**9:45 pm** · Write 3 things you are grateful for

**10:00 pm** · Lights out

A   G O O D   N I G H T   S T A R T S   I N   T H E   E V E N I N G

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