

Night Routine Workbook



Wind Down with Intention, Reflect with Gratitude

& Prepare for Rest

Introduction

How you end your day matters just as much as how you begin it. A mindful night routine helps you release the day, calm your mind and body, and prepare for deep, restorative sleep.

This workbook is designed to help you:

- Reflect on your day with awareness
- Practice gratitude and emotional closure
- Create calm through intentional unwinding
- Prepare your mind and environment for rest
- Set yourself up for a positive, grounded tomorrow

Use this workbook each evening or whenever you need support slowing down and reconnecting with yourself.

1. Reflect on Your Day

What were the highlights of your day?

(Positive moments, achievements, connections, or small wins.)

What challenges or obstacles did you face today?

(Stressful moments, emotional triggers, or difficulties.)

What lessons or insights did you gain today?

(What did you learn about yourself or your situation?)

2. *Gratitude Practice*

List three things you are grateful for today:

1. _____
 2. _____
 3. _____

How does practicing gratitude help you wind down?

h2h

3. Unwind & Relax

What activity will help your body and mind unwind tonight?

(Examples: reading, gentle stretching, breathing, warm shower, music.)

How long will you dedicate to this activity?

What does your body need right now to relax fully?

(Posture, stretch, breathing, rest.)

4. Preparing for Tomorrow

What tasks or goals do you want to prepare for tomorrow?

How can you make your morning easier?

(Lay out clothes, plan schedule, prepare meals, write a to-do list.)

What mindset do you want to carry into tomorrow?

(Calm, focused, confident, patient, present.)

5. Nighttime Affirmations

Write three affirmations to repeat before sleep:

1. _____
 2. _____
 3. _____

How do these affirmations align with who you want to become?

6. Mindfulness or Meditation Practice

What practice will you use tonight?

(Body scan, deep breathing, visualization, prayer, meditation.)

This image shows a set of five horizontal blue lines for handwriting practice. A large, faint watermark reading 'hoh' is centered on the lines.

What is your intention for this practice?

(Letting go, calming the mind, preparing for sleep.)

7. Setting Your Sleep Environment

Is your sleep environment supportive of rest?

(Temperature, lighting, noise, comfort.)

What changes can you make tonight to improve it?

(Dim lights, remove screens, use calming scents, adjust bedding.)

8. Time to Sleep

What time will you aim to go to bed tonight?

How many hours of sleep do you need to feel rested?

(7–9 hours recommended.)

9. End-of-Day Check-In

How do you feel right now?

(Emotionally, mentally, physically.)

One thing I will do to wake up feeling refreshed:

(Avoid screens, gentle breathing, early bedtime, hydration.)

BONUS: Night Routine Checklist

Activity	Time	Completed ✓
Reflect on the Day		<input type="checkbox"/>
Gratitude Practice		<input type="checkbox"/>
Unwind & Relax		<input type="checkbox"/>
Prepare for Tomorrow		<input type="checkbox"/>
Nighttime Affirmations		<input type="checkbox"/>
Mindfulness / Meditation		<input type="checkbox"/>
Set Sleep Environment		<input type="checkbox"/>
Time to Sleep		<input type="checkbox"/>

Conclusion

A mindful night routine allows you to close the day with peace instead of pressure. By reflecting, expressing gratitude, and caring for your body and mind, you create the conditions for deeper rest and a more intentional tomorrow.

Rest is not a reward, it's a necessity.

Hope this exercise has proven useful!

We wish you a happy and fulfilled life!

Warm regards from team at head2heart!!

Thank you!!