

# NIGHT ROUTINE

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## WIND DOWN ROUTINE

No Screens 1hr Before Bed

Plan Tomorrow

Skin Care

Reading



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## DAILY REFLECTION

What went well today?

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What can be improved tomorrow?

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One thing I'm grateful for:

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## DAY RATING



## DIGITAL DETOX

Last Phone Usage: \_\_\_\_\_

TARGET BEDTIME

**22:30**

TARGET WAKE UP

**06:00**

## BRAIN DUMP