

POSITIVELY YOU EVENING

Establish a calming bedtime routine, ensuring you are well-rested to face the next day's challenges and opportunities. Consistent quality sleep is crucial for overall well-being, productivity, and emotional resilience. Aim for a total routine time of approximately 2 hours before your desired bedtime. Adjust times based on personal preferences and schedule constraints.

1

Unplug and Wind Down (30 minutes)

Begin by disconnecting from electronic devices, promoting better sleep by reducing exposure to blue light and creating a calming pre-sleep routine. Aim for this 30 minutes to an hour before bedtime.

2

Relaxing Exercise (5-10 minutes)

Engage in a calming exercise, such as yoga, to release tension and support physical and mental well-being

3

Mindful Meditation (5 minutes)

Unwind with meditation, promoting relaxation and mental clarity as you prepare for the evening.

4

Post-Work Reflection (10minutes)

Reflect on daily accomplishments, learning experiences, and setbacks, informing your approach moving forward.

5

Visualization and Goal Review (10 minutes)

Review your goals and visualize the next steps, reinforcing commitment and creating a positive outlook for the future.

6

Reading for Relaxation (15 minutes)

Read for enjoyment and relaxation, providing a mental break and easing into a restful state.

7

Journaling for Gratitude (5-10 minutes)

Write down anything that is bothering you, let out all your emotions and then move on, you can't change the past. then Focus on positive aspects of your day, expressing gratitude to cultivate a sense of fulfillment and contentment.