

# End the day soft. Make tomorrow easy.

LIGHTS OUT BY \_\_\_\_\_

The times are loose — start whenever you can. The one step that matters is prepping tomorrow; five minutes tonight removes three decisions from a foggy morning.

## Wind-down AROUND 8

- Kitchen 5-minute reset
- Tidy 5 things
- Change into comfies

## Prep tomorrow AROUND 9

- Set out tomorrow's clothes
- Pack the bag
- Glance at tomorrow's calendar

## Screens off AROUND 10

- Phone on charger — across the room
- Dim the lights
- Last glass of water

## In bed LIGHTS OUT

- Brush teeth
- Three slow breaths
- Put the list down

## SET OUT FOR TOMORROW

the highest-leverage five minutes of your day

- Clothes
- Bag + keys by the door
- Water bottle filled
- Lunch / snack
- Meds for the morning

## TOMORROW'S FIRST THING

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## THE ESCAPE HATCH

**Three checks = done. Get in bed.  
The rest are optional forever.**