



Evening ritual cards

Pick one or two each evening. Tick the circle when it's done.



Lamp on at sunset

Light the room before it gets dark.

TONIGHT ☐



Laptop closed by 5:30

The day ends when you say so.

TONIGHT ☐



A walk in the evening

Ten minutes counts.

TONIGHT ☐



Something warm on the stove

Soup, tea, anything that steams.

TONIGHT ☐



Phone in another room

One hour. It will keep.

TONIGHT ☐



Tomorrow's Top 3

Three things, then you're done.

TONIGHT ☐



Ten pages

A book, not a feed.

TONIGHT ☐



Candle and nothing

Do nothing on purpose.

TONIGHT ☐