

DESIGN

*The lifestyle*

YOU DESIRE

*Evening  
Ritual*



We've talked a lot about perfecting your morning routine to start the day off right, but having a good evening routine is just as important. With a little forward planning then you can reclaim your evenings [or at least a couple!], and here are my tips for doing just that.

## SIMPLE STEPS TO CREATE AN AMAZING EVENING RITUAL:

Eat dinner early, we have dinner at 4PM and then we have some light snack in the evening if we get hungry

Get up and move a bit after dinner, I tend to go for a walk or do some light evening yoga

Don't drink any caffeine or alcohol

Turn off / put your gadgets away

Give your home some TLC [quick clean-up] if needed

Prepare breakfast for the next morning

Have your clothes etc ready

Do a 'brain dump' --> Journaling [Don't forget to fill out the 'Monthly Round-up' Gratitude sheet

Go to bed early - find your ideal bed-time

Lightly scent up your room with a calming fragrance - like 'Incense Lavender Candle' by Compagnie de Provence and put on some calming music

Brush your teeth, wash your face, moisturise etc

Do some meditation, mindfulness and breathing exercises

Read something