

Evening Routine Checklist

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Prepare tomorrow tonight. Check off what you complete this evening.

- ☐ Lay out tomorrow's clothes
- ☐ Prep tomorrow's first tiny habit (e.g. shoes by the door)
- ☐ Put your phone to charge outside the bedroom
- ☐ Write down tomorrow's one priority
- ☐ Write down one thing that went well today

Add your own:

☐☐

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