

Going Simple

EVENING RHYTHMS

Tidy Kitchen

(wash dishes + load dishwasher + return items to homes + wipe surfaces)

Prep for Morning Beverage

(set coffee | fill tea kettle)

Prep To Do List

(brain dump tomorrow's tasks so your mind can rest)

Create Morning Hygge Nest

(devotional | exercise equipment | blanket+book)

Start Dishwasher

(start before heading to bed)

Evening Self Care

(skin care routine | meditation | read | partner time)

Set Alarms

(check that alarms are set for proper times)

