

# Evening Rituals + Routines

for Early to Bed

At some point in time, maybe around the 1950's, evening past times changed from spending time together or spending time quietly... to sitting and watching a screen. Spend some time reflecting on how best to enjoy your evening time.















- What brings you easeful joy in the evenings?
- Do you want most evenings to be quiet and reflective or playful and connective?

What I usually do after dinner:

What my body wants to do after dinner:

What my soul wants to do after dinner:

## Ideas for evening rituals

-  Take a walk
-  Take a bath
-  Play a game
-  Read a story or tell stories with another
-  Spiritual reading or inquiry practice
-  Meditate
-  Legs up the wall
-  Foot massage or foot soak ritual
-  Star gaze
-  Journal or draw
-  Visualize the next day with your better habits.
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# Your Strategies Worksheet 1

for Early to Bed

What is your biggest obstacle in going to bed earlier?

What is your strategy around the obstacle?

What is the time you feel comfortable committing to going to bed — that is a change you know are capable of making successfully?

Can you commit to making this change 5 out of 7 nights a week?

# Your Strategies Worksheet 2

for Early to Bed

What other obstacles are arising for you to go to bed earlier?

Write them down as they arise.

Bring your obstacles to your next coaching session and write down the suggestions you receive that seem like a good fit.

Obstacle 1:

Strategy 1:

Obstacle 2:

Strategy 2:

Obstacle 3:

Strategy 3: