

# 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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