

15-Minute Evening Reset

A simple way to wind down your day with calm, clarity, and care.

Brain Unload – Let it out

Write down anything that's still buzzing in your mind. It doesn't need to follow you to bed.

What you write down now won't weigh on you tomorrow

Small Wins – You did enough

Think of something you made it through today. If it felt important, it was.

You showed up. That's already a win.

Evening Micro Reset

Pick what you can. These small steps make space for rest.

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| <input type="checkbox"/> Set a bedtime | <input type="checkbox"/> Clothes ready for tomorrow |
| <input type="checkbox"/> Water by the bed | <input type="checkbox"/> Quick 2-minute tidy |
| <input type="checkbox"/> Screens off | <input type="checkbox"/> Light, scent, or music for calm |

Your home isn't a showroom. It's your safe place.

One Kind Thought for Yourself

Write down something kind, gentle, or true you need to hear tonight.

You don't have to do more to be worthy of rest.



You're done. And that's enough.