

# 15-Minute Evening Reset

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

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## Brain Unload – Let it out

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

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*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.

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*You showed up. That's already a win.*

## Evening Micro Reset

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

<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.

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



*You're done. And that's enough.*