

# Little Things to Do This Evening

## That Your Future Self Will Thank You For

..... Ordinary & *Happy* .....

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| <b>1</b> Prepare a make-ahead breakfast for the morning (e.g., egg muffins, chia puddings, breakfast burritos, overnight oats). <input type="checkbox"/> | <b>2</b> Pick out tomorrow's outfit. <input type="checkbox"/>                        | <b>3</b> Tidy the kitchen and do the dishes before going to bed. <input type="checkbox"/>                            |
| <b>4</b> Write a short to-do list for tomorrow. <input type="checkbox"/>   | <b>5</b> Do 15 minutes of light stretching or exercise. <input type="checkbox"/>     | <b>6</b> Pack your bag for the morning (including keys, wallet, and other things you need). <input type="checkbox"/> |
| <b>7</b> Charge your phone and battery pack. <input type="checkbox"/>  | <b>8</b> Take some time for yourself to relax and recharge. <input type="checkbox"/> | <b>9</b> Fill your water bottle and put it in the fridge. <input type="checkbox"/>                                   |