30-Minute Evening Reset

Ordinary & Happy O & H

Put away ten items back to where they belong (5 min).

Do a quick tidy-up of your bedroom (5 min).

Write down a few thoughts in a gratitude journal (5 min).



Make a list of things you're looking forward to tomorrow (5 min).

Dim the lights and put on a relaxing song (5 min).

Do some deep-breathing exercises and visualize a happy place (5 min).