

# REVAMP YOUR *Evening* ROUTINE

An intensive, 5-day journal to help you  
create an evening routine that will support  
your ideal life.

By Danielle Nicole

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# HELLO!

I totally get why an evening routine may not be the first thing on your to do list. You've just made it through another long day, and the only thing you're thinking about is getting in bed. That's definitely been my experience. But choosing to add an evening routine will not only give you a designated way to wind down from your day, but will help you sleep better, and be prepared to wake up ready to face the day.

But where do we start? We need to build a sustainable routine. In this five day, self-guided intensive you will build your ideal evening routine. You must commit to setting aside time to create your ideal evening routine. It doesn't have to be hours, but you will need no less than 15 minutes to implement your new routine. That sounds doable, right?

First you need to identify your **why**. Why do you want to establish a evening routine? Designating time to your wellbeing is paramount. Ask yourself, "what will establishing an evening routine do for my mind, body, and spirit?" Revisit this statement if you find yourself lacking motivation this week.

Write your why here:

Your week is going to start with a normal evening - you're going to observe and record what you already do - no changes necessary.

Then, think about the changes you'd like to make or add to your evening as you establish your morning routine. Maybe you want to add a relaxing bath, or start meditating before bed. Don't forget things as simple as choose the next day's outfit either! Every little bit counts! Choose the top four and each day for the rest of the week you will implement one of the changes, building on the positive momentum from implementing the change the day before.

As you move through the week you will continue to reflect on your why - why were you or were you not successful in implementing your newest routine change. Coming back to your big **why** will help drive your motivation in implementing each individual change.

This week is meant to be intensive, and may be a little challenging, so you can learn just how capable of creating change in your life that you are.

Ready to experience the transformation? Let's go!

With gratitude,  
Danielle Nicole

# DAY 1 - OBSERVE AND RECORD

"A daily routine built on good habits and disciplines separates the most successful among us from everyone else. The routine is exceptionally powerful."

- Darren Hardy

## What I Did This Evening

6:00	<input type="checkbox"/>
7:00	<input type="checkbox"/>
8:00	<input type="checkbox"/>
9:00	<input type="checkbox"/>
10:00	<input type="checkbox"/>
11:00	<input type="checkbox"/>
12:00	<input type="checkbox"/>

## What I Want To Do Tomorrow

6:00
7:00
8:00
9:00
10:00
11:00
12:00

**Brain dump of all of the potential changes I could make to my routine. Circle the 4 you'll make this week.**

**The change I am committing to tomorrow:**

# DAY 2 - IMPLEMENTING CHANGE ONE

"A champion doesn't become a champion in the ring, he's merely recognized in the ring. His 'becoming' happens during his daily routine."

- Joe Louis

**The change I am committing to today:**

**What I Will Do This Evening**

6:00

7:00

8:00

9:00

10:00

11:00

12:00

**Was I Successful? Why?**

Large empty rectangular area for notes or reflection.

**The change I am committing to tomorrow:**

# DAY 3 - IMPLEMENTING CHANGE TWO

"Over time, as the daily routines become second nature, discipline morphs into habit."

- Twyla Tharp

**The change I am committing to today:**

**What I Will Do This Evening**

6:00

7:00

8:00

9:00

10:00

11:00

12:00

**Was I Successful? Why?**

**The change I am committing to tomorrow:**

# DAY 4 - IMPLEMENTING CHANGE THREE

"Creativity doesn't just happen - you make it happen. Changing daily routines is one way to access creativity."

- Nita Leland

**The change I am committing to today:**

**What I Will Do This Evening**

6:00

7:00

8:00

9:00

10:00

11:00

12:00

**Was I Successful? Why?**

**The change I am committing to tomorrow:**

# DAY 5 - IMPLEMENTING CHANGE FOUR

"...go through your daily routine with hope you will be a little better in all respects, and do something meaningful."

— Mikhail Baryshnikov

**The change I am committing to today:**

**What I Will Do This Evening**

6:00

7:00

8:00

9:00

10:00

11:00

12:00

**Was I Successful? Why?**

**You've reached the end of the week. Congratulations!**

# REFLECTION

"By making the relationship with your Soul an important part of your life, however, by honoring it in your daily routine, you give your life greater meaning and substance."

- Elisabeth Kubler-Ross

**What Worked:**

**What Didn't:**

**Overall Feelings On My New Routine:**

**The Changes I Am Committing To Going Forward:**



# CONGRATULATIONS!

How does it feel? You now know what does (or doesn't) work for your evening routine. Knowledge is power, and with this new knowledge you can move forward with your routine!

You uncovered a new way to end your day so you can be more successful going into the next one.

Revisit this journal any time your routine needs a little revamping!

Cheers,  
Danielle



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