

# The Soft Evening Reset Checklist

*A gentle, 7-step ritual for unwinding when life feels overwhelming.*

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## How to Use This Checklist

*This is not a productivity list. It's a slow, sensory wind-down — designed for nights when your nervous system feels frayed and your mind won't soften. Move through it gently. Skip anything that doesn't feel good. The point isn't perfection — it's permission to slow down.*

### Step 1 — Soften the Atmosphere (3 minutes)

- Turn off overhead lights. Switch on one warm lamp.
- Light a candle (vanilla, sandalwood, or amber).
- Put on soft instrumental or nature sounds.
- Open a window for 60 seconds — let fresh air in.

### Step 2 — Release the Day from Your Body (5 minutes)

- Slowly roll your shoulders 3 times forward, 3 times back.
- Take five deep breaths — inhale 4, exhale 6.
- Take a warm shower OR change into the softest clothes you own.
- Notice what feels different in your body.

### Step 3 — Light Reset of Your Space (5 minutes)

- Put away anything that's out of place in one room.
- Wipe one surface you use often.
- Lay out tomorrow's clothes.

- Leave the rest until morning. Your home doesn't have to be perfect tonight.

## Step 4 — Disconnect from Digital Noise (1 minute)

- Set phone to Do Not Disturb.
- Close all open browser tabs.
- Step away from social media. If you scroll, scroll something calming.

## Step 5 — Nourish with Warmth (10 minutes)

- Make a cup of herbal tea (chamomile, lavender, or rooibos).
- Sit somewhere cozy and sip slowly. No multitasking.
- Notice the warmth in your hands, the steam rising, the quiet.

## Step 6 — Gentle Reflection (5 minutes)

- Write down one thing that felt good today.
- Write down one thing that drained you.
- Write down what you need tonight to feel held.

## Step 7 — Ground Yourself Before Bed (10 minutes)

- Apply a lavender or cedarwood roll-on to your wrists and neck.
- Read 2–3 pages of a calming book — no thrillers, no work.
- Sit in silence or do 3 minutes of slow breathing before lights out.
- Whisper to yourself: *You did enough today. You can rest now.*

## A Note for Hard Nights

*Not every evening will go to plan. On nights when even this feels like too much, do just one step — usually Step 1 or Step 5. A single warm light, a single soft breath, a single mug of tea is enough to tell your nervous system: you're safe now. Slow living is built one small kindness at a time.*

*Softly,*

*Damony / Mindfully Modern*