

**6:50 pm** - Prepare your next day if you have to

**7:00 pm** - Take a shower/bath and scrub your body, moisturize it, do some lymphatic drainage, etc...and put on a cute pyjama

**7:30 pm** - Wash your face, then scrub it and put on a face mask

**7:45 pm** - Take your face mask off and do your skincare

**8:00 pm** - Eat a good dinner, prepare a meal that you love (it doesn't have to be extremely healthy, as long as you like it it's perfect)

**8:45 pm** - Wash your teeth and finish preparing yourself to go to sleep

**8:50 pm** - Write in a journal, write what you are grateful for or about your dreams, just put your mind in a great state (you can even write about what is on your mind lately, on what is bothering you)

**9:00 pm** - Read a book

**9:30 pm** - Watch your favourite show or movie (turn the brightness of the screen lower, or watch it before reading)

**11:00 pm** - Go to sleep

