

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

