



BONUS RESOURCE 5

MY NIGHT WATCH ROUTINE™

30-Minute Evening Reset

Disconnect (5 minutes)

- ☐ Put phone away
- ☐ Log out of social media
- ☐ Turn off notifications

Reflect (5 minutes)

- ☐ Journal today's wins
- ☐ Journal today's challenges

Release (5 minutes)

- ☐ Write down worries
- ☐ Create tomorrow's priority list

Refocus (5 minutes)

- ☐ Prayer
- ☐ Scripture reading
- ☐ Worship

Prepare (10 minutes)

- ☐ Set alarm
- ☐ Charge devices outside room
- ☐ Prepare for tomorrow
- ☐ Sleep on time

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