

EVENING RITUAL CHECKLIST

A 60-minute wind-down that gives your rhythm a gentle anchor

The Free Spirit

*You run on your own rhythm.
Nature brings you home.*

YOUR WIND-DOWN, STEP BY STEP

1

60 MIN BEFORE BED

Set the scene

- ☐ The Calm Room Check: close the curtains fully, dim the lights and prepare your space for rest
- ☐ Notifications off and phone face-down, away from the bed
- ☐ Set the room cool (around 16–19°C) and let some fresh air in

2

45 MIN

Soften the body

- ☐ Slow stretch, or a gentle walk around the garden or house
- ☐ Make a caffeine-free herbal tea or hot drink
- ☐ Put your phone on focus or do-not-disturb mode

3

30 MIN

Quieten the mind

- ☐ Read a chapter of a book or put on a few minutes of a relaxing podcast
- ☐ Combine doodling and journaling on a blank page
- ☐ Colour a page of your *Forest Calm: Colouring Calm* pack

4

15 MIN

Drift off

- ☐ Forest Floor Grounding: lay in bed, feet neutral, notice five things around you.
- ☐ Play your favourite soundscape at a low volume
- ☐ Mask on: your Jaded Green silk mask awaits you. Lights out, no exceptions

TONIGHT I'M LETTING GO OF

THIS WEEK

	RITUAL DONE	LIGHTS OUT TIME	SLEPT 1-5
Mon	☐		
Tue	☐		
Wed	☐		
Thu	☐		
Fri	☐		
Sat	☐		
Sun	☐		

YOUR SOUNDSCAPE

The Forest Canopy

Find it, plus your free Creative Calm pack, in your portal.



slumbercode.com/pages/jaded-green

"My rhythm is mine. Tonight I will focus on good rest."