

Evening Routine

Whilst morning routines seem to be more popular than evening routines, there's something about setting up the perfect evening environment that speaks to me. Evenings for me signify 'reflection', a time in our day before we're ready to be done with it and file it away in our memory bank, we can go over the things we did to create more joy, allow more light in, heal, evolve & transcend from old habits & past versions of ourselves. If we can have this dedicated routine to come to, we can build good habits.

Close my fast

Be intentional about your meals & enjoy them. It can be quite easy to have a long day at work & just eat "whatever" because you're tired. Take time to think before you eat. Drink a glass of water, or eat something small before you eat your final meal of the day & make it count, make it special. Eat in the fancy plate!

Set the tone

What do you want your evening to entail? Imagine it & make the time for it. Whether it's a night of learning, activities, socialising, doing chores - whatever it is, create the space for it & make the environment fit what your needs are. Don't get distracted by other things or people - this is time for you to be with you.

Cleanse

Taking off the day is an important part of my evening routine, just as you would your shoes, clothes & outerwear. Whatever happened in my day that was exhausting, tiresome or demanding - it doesn't get to join my evening. Creating a tidy & ambient space is essential for a mind that can relax, reflect & seek comfort.

Unwind

Sometimes this involves reading a book, watching a show, enjoying a nice drink or cooking something exquisite. Whatever it is, I like to indulge in my 'unwind' section of the day quite deeply. Bringing luxury into my life doesn't mean it's external, I consciously bring luxury into my life each evening by giving myself quality time.

Reflect

If I ever feel like I'm running on auto-pilot, I immediately stop myself the moment I'm conscious of it. I really like to make sure that before I go to sleep, I go through my day in my mind and acknowledge all that took place and give thanks and exude love for all that I was able to experience from meetings to cups of coffee.

Extras —

Lighting — Ambient lighting has been my go-to since I can remember. It makes any room feel like the most luxurious experience & it's a definite game changer in evening relaxation. Soft & dim are key in lighting.

Meditation — I've learned that I prefer meditating in the evenings, as it makes me feel more at one with myself. There's no expectation or hurry that the day is awaiting your attention, it's just you & the night. Once meditation is complete, you can slip right into bed & have the perfect nights sleep.

