

# EVENING RITUALS + ROUTINES

At some point in time, maybe around the 1950's, what people did in the evening changed from spending time together or spending time quietly to sitting and watching TV and now it's also the screen from your phone, laptop or ipads. This has been to the detriment of our health and wellness.

So, if you're ready for some more positive change, take some time now to reflect on how to best enjoy your evenings.

**1. What brings you an easeful joy?**

**2. What makes you feel light and nourished?**

**3. Do you want your evenings to be quiet and reflective or playful and connective? Or can you mix it up?**

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4. What I usually do after dinner:

5. What my body would like to do after dinner:

6. What my soul wants to do after dinner:

## Ideas for Evening Rituals

- Take a walk
- Take a bath
- Play a game
- Read a book or tell stories to one another
- Spiritual reading or inquiry practice
- Meditate
- Yoga/stretch
- Star gaze/moon gaze
- Journal, draw or color
- Visualization