

Evening Routine

A Blueprint For Working Moms



**Freebie From
Joi Christanson**

Evening Routine Blueprint

Objective:

To help working moms create a calming and productive evening routine that promotes relaxation, organization, and better preparation for the next day.

Introduction:

Why Evenings Matter

- Evenings are an opportunity to reset, recharge, and prepare for a smoother tomorrow.
- A structured evening routine helps you unwind and creates a sense of accomplishment.

Benefits of an Evening Routine

- Reduces nighttime stress and overthinking.
- Improves sleep quality by signaling your body it's time to relax.
- Saves time and mental energy in the morning.

Step-by-Step Blueprint:

• Unwind and Transition

- Spend 5–10 minutes doing a calming activity (e.g., reading, stretching, or light journaling).
- Create a boundary between work and home by closing your laptop and setting a mental “end of the day.”

• Family Connection

- Spend quality time with your kids (e.g., bedtime stories, short chat, relaxing activity).

- **Plan and Prep for Tomorrow**

- Review your schedule and to-do list for the next day.
- Pack lunches, set out clothes, and organize backpacks or work items.
- Lay out anything you need for the morning (e.g., workout gear, breakfast prep).

- **Self-Care Time**

- Dedicate at least 10–15 minutes to yourself. Options include:
 - A skincare routine.
 - Gentle stretching or yoga.
 - Journaling or reflecting on the day.
 - Listening to soothing music or meditating.

- **Bedtime Wind-Down**

- Power down electronics at least 30 minutes before bed.
- Create a consistent sleep routine (e.g., brushing teeth, reading a book, or listening to white noise).
- Set an achievable bedtime that allows for adequate rest.

Printable Checklist:

Evening Routine	Time
Transition from Work	
Family Connection Time	
Review Next Day's Schedule	
Prepare Clothes, Meals, etc.	
Self-Care (Skincare/Stretching)	
Power Down Electronics	
Bedtime Routine	
Other??	
Kids Stuff??	

Tips for Success:

- **Keep It Simple:** Start with one or two steps and gradually expand your routine.
- **Limit Screen Time:** Avoid work emails or social media scrolling before bed to promote relaxation.
- **Delegate Tasks:** Share responsibilities with your partner or older children to lighten your load.
- **Be Consistent:** Stick to your routine as much as possible for the best results.

Thank you for reading this, I truly hope it helps. If you are still struggling or just need to hash through how this might actually work, feel free to find me on any one of the following platforms.

I always respond to DMs and emails! Don't hesitate to check in and follow me there.



JoiChristianson

Take care,
Joi 🍀❤️🍀



JoiChristianson



JoiChristianson



JoiChristianson@gmail.com

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