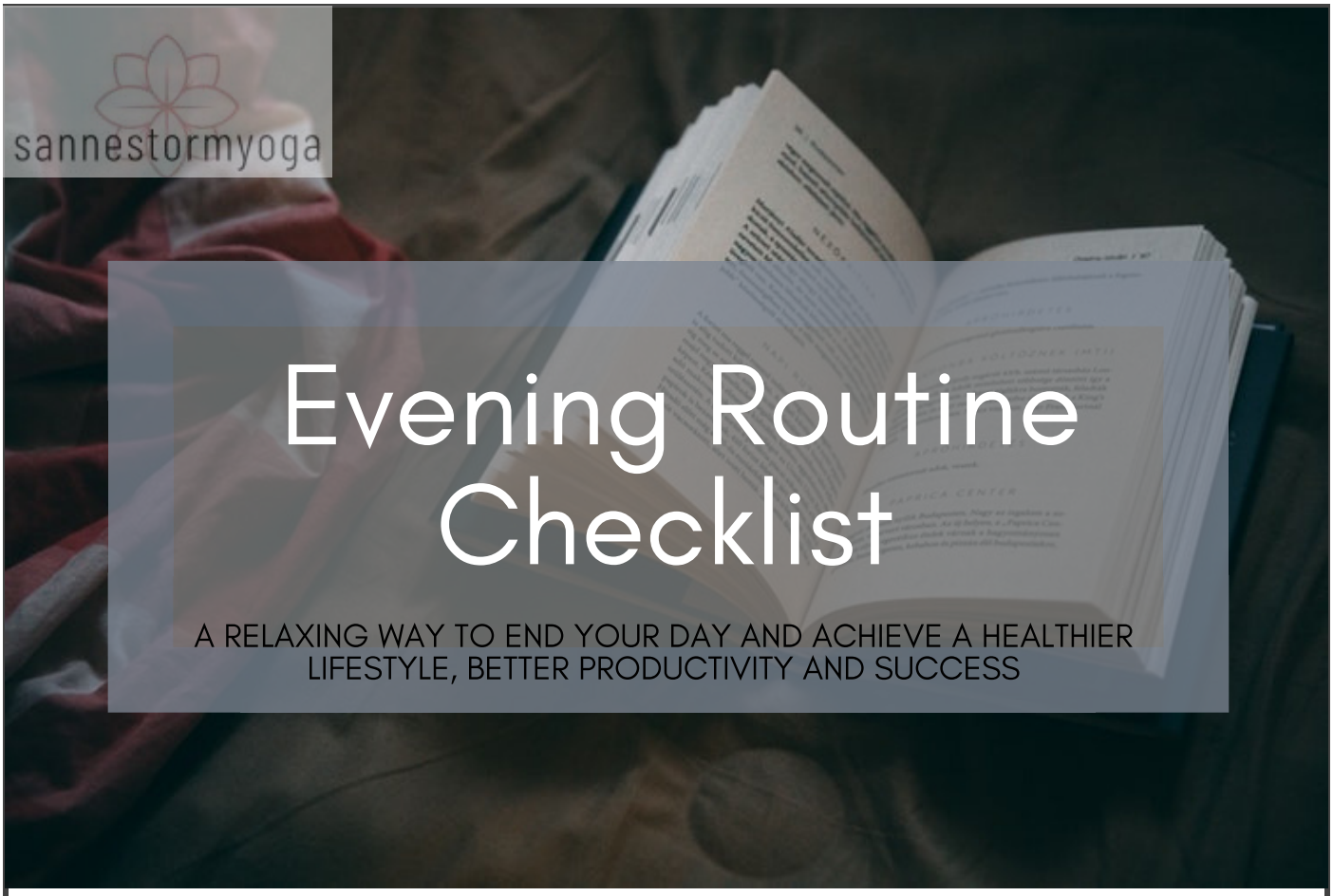

sannestormyoga

Evening Routine Checklist

A RELAXING WAY TO END YOUR DAY AND ACHIEVE A HEALTHIER LIFESTYLE, BETTER PRODUCTIVITY AND SUCCESS

( ) Plan for the Next Day

( ) Tidy Up

( ) Skin Care

( ) Brush Teeth

( ) Moisturise

( ) Set your Alarm

( ) Meditate

( ) Read

( ) Wear Earplugs to Sleep

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