

THE EVENING RITUAL

As the day softens, create
a ritual that whispers to
your body: rest, reset, and
rise with ease.



Getting good at mornings starts the night before.

Evenings aren't just about winding down - they're your secret weapon for mornings that feel effortless, energised, and productive. The calmer, clearer, and more intentional your night, the easier it is to wake up and *show up for yourself*.

💡 **The core idea:** create triggers for sleep and signals for your body that it's time to rest - and make your environment and actions as automatic as possible.

Think of it like this: your body learns patterns. Repetition creates rhythm. Rhythm creates trust. And trust? That's the magic that turns early mornings from a struggle into **a habit you love**.

1. YOUR BEDROOM IS YOUR SANCTUARY 🛏

Your bedroom should be a **haven** – a place your brain *immediately* associates with rest.

- Keep it for sleep (*or adult time*) only – no TV, scrolling, or gaming.
- Decorate for calm: soft, pale, neutral colours on walls, bedding, furniture, comfy materials.
- Make your bed inviting: cushions, throws, blankets – whatever makes you want to climb in at night. If minimal is more inviting – that’s absolutely fine. This is for you.
- Lighting: warm bedside lamps, dimmed lights, candles – avoid harsh overheads or anything that spikes your nervous system.

Not possible?

We’re aiming for an ideal, but it’s okay if that’s not your current reality. Maybe you can’t redecorate your room or buy new objects. Repurpose what you already have and prioritise small touches that resonate with you. If you live in a house-share, think about zoning your bedroom (even one side of the bed for awake vs. one side for sleep), using different lighting to signal day vs. night and making it a tech-free space after a certain time.

Note from Roselle:

The more your bedroom signals calm, the faster your mind and body switch off.

Small tweaks = big results.

2. SCREENS & BLUE LIGHT

Blue light is everywhere - phones, TVs, laptops.
Even small exposure tells your brain: daytime, not sleep.

- Switch off all screens 30-60 minutes before bed.
- If you want an audiobook or meditation, use a separate device or airplane mode so notifications don't wake you.
- Avoid scrolling, work emails, or anything stimulating - this is your wind-down window, not entertainment time.

Not possible?

Do what you can. Even 10-20 minutes of screen-free time helps.
If that's all you can manage tonight, it still counts.

Note from Roselle:

This was by far my biggest issue when I decided to become a morning person. So I'll be totally honest with you about things I did to beat the blue light *from least to most unhinged*:

- Kept pens and paper by my bed for any late night thoughts, instead of needing the notes app.
- I bought an iPod and only kept Spotify, Audible, and meditation apps on it - this was an unreal game-changer and I still use it every night and through the day when needing focused time.
- I deleted social media for 6 months to beat the addiction.
- I bought a safe for my phone that I would have to smash open if I wanted to unlock it... still use it sometimes!

3. PRE-PLAN YOUR MORNING

Good mornings start with preparation.
Reduce decision fatigue by planning ahead:

- Lay out tomorrow's clothes - workout, work, loungewear, or whatever your morning requires.
- Decide your first 30 minutes - journalling, meditation, reading, tea, gentle movement, MMC 7am Live Session...
- The goal: minimal decisions in the dark + cold.

The Key

Keep this routine as strict and simple as possible.

Same thing day in, day out.

The mind can rest and fall asleep when it knows what's coming.

Note from Roselle:

When you start waking up earlier, you suddenly have a lot more time and can feel unsure of how best to use it. Experiment and see what works, be ok with it changing over time - the one priority is keeping the same wake-up time where possible.

MORNING ROUTINES is coming 19th October.

4. CHOOSE YOUR EVENING RITUALS 🕯️

Pick 1-3 calming activities that you do every night.
Consistency teaches your body it's time to rest:

- Outdoor walk (quiet, no audio or gentle audiobook)
- Skincare/warm shower
- Gentle stretching, yoga, or breath-work/meditation
- Mindful hobbies: reading, colouring, knitting (avoid anything too stimulating - the goal is rest)
- Brew a warm decaf tea

Calm is key. No crime documentaries or horrors - we know it's not good for us and it will not help with sleep.

💡 **Not sure what works?**

Experiment for a week. Stick with what feels restorative. It doesn't have to be elaborate - simple is powerful.

💬 **Note from Roselle:**

Repetition = your body learning sleep cues.
One ritual done consistently > five rituals done sporadically.

This doesn't have to be long or complicated -mine? Wash my face + read. That's it! A cup of tea if I'm not feeling so tired. Your ritual should feel inviting but not arduous. Make it simple and easy.

5. SLEEP TRIGGERS

Sleep triggers are your personal signals to the body: “time to rest.” If you are someone who struggles with sleep, learning to fall asleep quicker and more deeply should be your priority. Sleep is the single best activity for the brain.

Play around with some of these – the key is to stick with it and give it a long time (1-3 months consistent – trust the process):

INSTANT TRIGGERS

- Eye-mask
- Pillow spray or calming scent
- Dedicated nightwear
- Weighted blanket/favourite throw/cushion
- Ear plugs

For extra support if your mind races:

- A familiar audiobook or sleep story
 - Neutral content – don’t get invested
 - Keep it on a separate device to avoid screen distractions

Need more help?

There is far too much to say in here and we realise this is one of the main problem areas for early mornings. So, we are going to deep dive into this in further resources and create an entire section of the Members Area dedicated to sleep and evenings. The only thing I might be better at than mornings... is sleep hygiene.

Stay tuned!

EVENING RITUAL CHEAT SHEET



BEDROOM = SANCTUARY 🛏️

Sleep only.

Soft colours, cozy bedding, warm lighting.

House-share? Zone your space; use lighting cues for day/night.

SCREENS & BLUE LIGHT 🚫

Switch off 30–60 mins before bed.

Separate device for audiobooks/meditation.

PRE-PLAN YOUR MORNING 📝

Lay out clothes.

Plan first 30 mins.

Minimise decisions in the dark + cold.

EVENING RITUALS 🕯️

1–3 calming activities: walk, skincare, gentle stretch, reading, tea.

Repeat nightly - simple & consistent > elaborate.

SLEEP TRIGGERS 🌌

Eye-mask, pillow spray, dedicated PJs, weighted blanket, ear plugs.

Optional audiobook/sleep story on separate device.

💬 **FINAL NOTE:**

Evenings train mornings.

Small, consistent habits = effortless early energy.

✨ 7AM Live Sessions + Weekly Videos = built-in support.