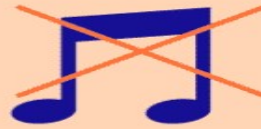


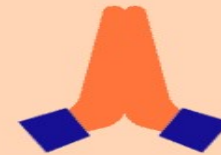
BEST EVENING ROUTINE RECIPE



REFLECT ON YOUR DAY



HAVE QUIET TIME



TAKE A MOMENT TO
BE GRATEFUL



DO SOMETHING YOU LOVE



READ FOR 15MIN



PREPARE FOR TOMORROW



PUT A GLASS OF WATER
BY YOUR BEDSIDE



DRINK CHAMOMILE TEA



SOAK IN THE TUB