



FREE ONE-PAGE TOOL 19 | EVERYDAY STEADINESS

A Softer End to a Hard Day

You do not have to resolve the whole day before resting.

1 Close one loop

Write down tomorrow's first task so you do not have to hold it in your head.

2 Lower one demand

Choose something that can wait until morning.

3 Invite comfort

Pick a familiar, low-effort action that helps you settle.

A phrase you can borrow

"I am done making decisions tonight. I will return to this tomorrow."

Make it yours

One thing I am allowed to leave for tomorrow:

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