

ROUTINES



The Story of Routines

The word routine comes from the French routine, meaning a well-worn path or customary course, which itself comes from route—a road or way. At its root, a routine was never meant to be a cage. It was simply the path you walked often enough that it became familiar.

There's something quite beautiful about that. A routine isn't about repeating life until it becomes dull. It's about returning to a path that carries you where you want to go. Just as a forest trail becomes clearer with each footstep, our daily actions shape the roads we travel within ourselves.

Every routine begins as a single step. Over time, those steps become a path, and that path becomes the life we live.



Follow Your Own Rhythm

Morning

This is when my mind is at its clearest. I save this time for focused work, writing, learning, and the tasks that require my full attention.

Afternoon

As my energy shifts, so does my work. Gardening, unloading the dishwasher, preparing dinner, walking, going to the gym, and cleaning become a natural extension of the day.

Evening

The day begins to soften. Low lights, calming music, reading, embroidery, a movie, the Wi-Fi switched off, and wishing loved ones goodnight create a gentle transition into rest.

Rather than expecting the same energy all day, notice how your body naturally changes from morning to night. Work with your rhythm, not against it.





Morning routines are meant to be slow

I love slow mornings. When I don't rush, I ease into the day with a clearer mind, a calmer body, and a greater sense of peace. Rather than waking up to urgency, I like to wake up to presence.

My Morning Rhythm (30 minutes)

- Open the windows and let fresh air in.
- Make the bed.
- Wash my face, shower, and get dressed. (I keep a simple work wardrobe to reduce decision fatigue.)
- Roll on essential oils.
- Pack my lunch and place it beside my work bag.
- Play uplifting music.
- Spend 20 minutes in the morning light—walking, sitting outside, breathing deeply, reading, or journaling.
- Write a simple plan for the day in my notebook.

A slow morning isn't about doing less—it's about beginning the day in a way that helps you feel more like yourself. The pace you choose in the morning often becomes the pace you carry through the rest of the day.

Create a bag that supports your day

A thoughtfully packed bag removes small moments of friction throughout the day. Instead of searching for things or relying on memory, I like to have the essentials with me so I can capture ideas, take care of myself, and make use of small pockets of time.

What I Carry With Me

- Phone, keys, and wallet — the everyday essentials.
- Gratitude journal — I keep it with me so I can write down moments I'm grateful for whenever they happen, instead of waiting for a specific time.
- Book — I always have a book nearby and can fit in a few pages whenever I have a quiet moment.
- Notebook — my one-stop place for lists, thoughts, ideas, and to-do lists. Keeping everything together helps clear my mind.
- Pencil case — pens, highlighters, and sticky notes for capturing thoughts and organizing ideas.
- Glasses — always ready when I need them.
- Mini zip bag — glass cleaner, roll-on oils, lip balm, floss, and natural hand sanitizer.
- Water bottle — a simple reminder to stay hydrated throughout the day.

The things we carry can either create clutter or create support. A well-prepared bag is a small act of care that helps your day flow more smoothly.



Afternoons are for Moving

Afternoons feel like the second shift of the day. My mind has done its best thinking in the morning, so I like to spend this part of the day moving. It's a time to work with my hands, care for my home, and transition away from screens and into action.

My Afternoon Rhythm

- Change into workout clothes. (Getting changed removes the excuse to skip movement later.)
- Take a few moments to unwind from the day—listen to music, sit outside, or simply stare at nature.
- Unload the dishwasher (if I didn't do it in the morning).
- Prepare a simple dinner. I keep meals uncomplicated: a quality protein, vegetables, and fruit.
- Place clothes in the laundry basket and tidy up as I go.
- Cook dinner.
- Relax and enjoy a slower pace before the evening begins.

Not every part of the day is meant for deep thinking. Some hours are meant for movement, creating, caring, and allowing the mind to rest while the body takes over.



Evening are for Winding Down

The evening is a transition point between the activity of the day and the rest we need to restore ourselves. I like to create a gentle rhythm that prepares my home, my mind, and my body for sleep.

Kitchen & Home Reset (20 minutes)

- Put dishes in the dishwasher and tidy the kitchen.
- Take out tomorrow's meal, pack my lunch, and fill my water bottle—making the morning easier with fewer decisions.
- Do a quick vacuum and reset the living room.
- Turn on the water distiller.
- Add an evening blend to the diffuser.
- Start the dishwasher.
- Pack my bag for the morning and leave it by the door.

Wind Down (1 hour)

- Go for an evening walk.
- Shower and put on clean pajamas. (We spend around eight hours a night in our pajamas, so I like having fresh ones every couple of days.)
- Check that all the doors are locked.
- Slow down with whatever fills my heart—reading, journaling, embroidery, watching a movie, or simply being present.

A peaceful evening is a gift to your future self.

The small things we do at night become the foundation for a calmer morning.



Sleep Is a Ritual, Not just a Routine

Sleep is the time when our body restores, repairs, and prepares us for the next day. I like to create a gentle transition from being awake and active to feeling calm and ready for rest. These small rituals signal to my body that it is time to slow down.

My Evening Sleep Rhythm

- Write one line in my journal to capture a thought, memory, or moment from the day.
- Take a shower and put on fresh pajamas.
- Use a facial spritz, face cream, lip balm, and an essential oil roll-on as a way to care for myself before bed.
- Close the windows and blackout curtains to create a dark, restful environment.
- Turn on the air purifier to keep the room comfortable and cool.
- Turn on my red light on a timer near my bed to support my natural sleep rhythm. The timer turns off at 10 PM.
- Leave my phone in the bathroom on airplane mode to create distance from distractions.
- Get into bed between 9:30 and 10:00 PM.

A good night's sleep begins before your head reaches the pillow.

The small choices we make in the evening create cues for our body that it is safe to rest.



Creating a Weekly Rhythm

A weekly rhythm creates space for both responsibility and rest. Instead of doing everything every day, I give certain things their own place.

Thursday — Reset Day

Cleaning and laundry day. I end my workweek with a fresh home so Friday can begin the weekend feeling free.

Tuesday/Wednesday — Food Shop

Midweek groceries keep meals simple and the week flowing.

Work Boundaries

I finish what I can at work so I don't bring it home. More work doesn't create less work—protecting your time creates space for the things that bring peace.

Simple Meals

Dinner often becomes tomorrow's lunch.

Lunches: eggs + vegetables + fruit, sardines + vegetables + fruit, or leftovers.

Weekends — Restore

Rest, connection, exercise, nature, and slower days.

A good rhythm isn't about doing more—it's about making space for what matters.



A Simple Meal Rhythm

Food doesn't have to be complicated. I like to keep my meals simple, nourishing, and consistent—creating a foundation that supports my day while leaving room for enjoyment.

My Everyday Rhythm

- 2–3 meals a day
- Each meal is built around:
 - Quality protein
 - Vegetables
 - Fruit
- Drink water throughout the day, often with electrolytes
- Enjoy a cappuccino some days as a small ritual

Keep It Simple

Simple meals reduce decision fatigue. Dinner often becomes tomorrow's lunch, making healthy choices easier and more practical.

Enjoy Food Without Rules

When I eat out, I choose what I genuinely want from the menu. One meal does not define my habits—the overall rhythm matters more.

I also have places and moments that I associate with a treat. For example, after navigating the decisions and crowds of IKEA, I enjoy a soft serve ice cream as a little reward for the experience.

Stay Curious

Once a week, I like to try something new—especially new vegetable dishes and ways of preparing simple, nourishing meals. Food is both nourishment and enjoyment. The goal is not perfection; it is creating a rhythm that feels good to return to.



Things I am currently working on

Life is always evolving. My routines are not about creating a perfect system—they are about noticing what supports me and making small adjustments along the way.

Digital Reset

Creating a simple habit of maintaining my digital spaces so clutter does not build up and become overwhelming. I'm exploring where this naturally fits into my week so it becomes a consistent rhythm.

Weekly/ Monthly Reflection

Taking time to pause, look back, and notice what I've learned, what has changed, and what I want to carry forward.

Accounting & Finances

Creating a regular rhythm for staying on top of finances so they feel manageable rather than something to avoid.

Sunday Reset

Changing the way I view preparation. A Sunday reset is not another task or a work project—it is a gift to myself. It is a chance to create calm, prepare my space, and enter the week feeling supported.

Growth is not about having everything figured out. It is about staying curious, noticing what works, and continuing to refine your rhythm.

