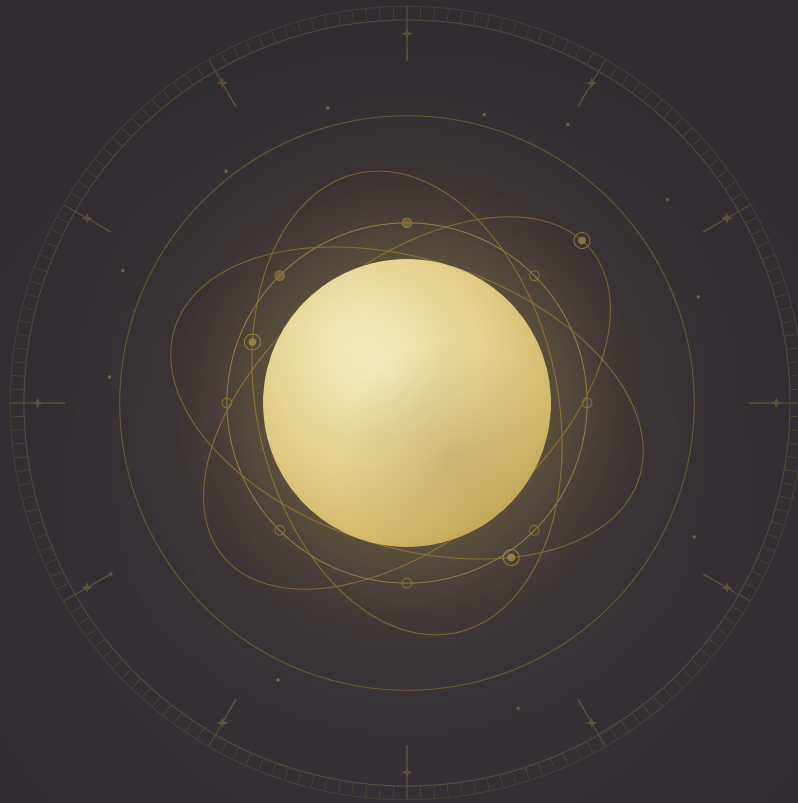




A NIGHTLY RESET FOR BUSY MINDS

The Wind-Down

A calm, one-page-at-a-time evening routine for brains that don't switch off on command. Print it. Keep it by the bed. Let the page do the remembering.

For a better tomorrow.



START HERE

How to use this

If a long routine could fix your sleep, you'd already be asleep. This isn't that. It's four pages, used in order, designed for a tired brain with no willpower left at 11pm.

- 01 **The Ramp** is your runway. It breaks the last hour into small, obvious moves so you're not deciding anything when you're depleted. Print one per night, or laminate one and reuse.
- 02 **The Brain Dump** is where the racing thoughts go so they stop renting space in your head. Everything open gets written down and *parked*, out of your mind and onto the page.
- 03 **The Three Non-Negotiables** tracker is the whole week on one sheet. Not twelve habits. Three. The ones that actually move your sleep.
- 04 **Tomorrow's One Thing** closes the loop. You name the single thing that matters tomorrow, then you're allowed to stop. The day is handled.

The only rule: done beats perfect. A messy page you actually filled in tonight beats a flawless system you'll start "next week."

The Wind-Down Ramp

The last 60 minutes, broken into moves small enough that a tired brain can follow them. Tick each as you go.

T-minus 60

LAND THE DAY

Screens down, lights down

Dim the room. Put the phone on its charger across the room, not the nightstand. One light, low.

☐ DONE

T-minus 40

EMPTY THE HEAD

Brain dump (next page)

Two minutes. Everything spinning, write it down and park it. It'll be there in the morning.

☐ DONE

T-minus 25

BODY DOWN

One calm thing

Shower, stretch, tea, a few pages of a paper book. Pick one. Not a to-do. A wind-down.

☐ DONE

T-minus 10

SET TOMORROW

Name tomorrow's one thing

Write the single thing that matters tomorrow (last page). Then you're off the hook for tonight.

☐ DONE

Lights out

PERMISSION TO STOP

In bed. Nothing left to solve.

The page is holding everything. Your only job now is to lie still and let it be enough.

☐ DONE

Brain Dump & Park-It

Don't organize. Don't solve. Just get it out of your head and onto the page so your mind can stop holding it.

STILL SPINNING IN MY HEAD

PARKED UNTIL TOMORROW

ONE WORRY, REFRAMED

The loudest thought: write it once, then write the smallest true next step. Not the whole solution. The next inch.

Three Non-Negotiables

Pick three, and only three, moves that actually help you sleep. Write them in.
Tick the night you did them. Three beats twelve.

1.
2.
3.

NIGHT	NO. 1	NO. 2	NO. 3	IN BED BY	FELT LIKE
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

End of week, one honest line: which of the three actually helped, and which one do you keep next week?

Tomorrow's One Thing

You can't carry the whole day to bed. Name the one thing that matters tomorrow, park the rest, and let yourself stop.

IF TOMORROW GOES SIDEWAYS, THE ONE THING I STILL WANT DONE

THE FIRST 10 MINUTES OF IT (SO MORNING-ME ISN'T DECIDING)

ONE GOOD THING ABOUT TODAY

TONIGHT I'M LETTING GO OF

*The day is handled. The page has it now.
Lights low.*

ORIENTATION	PRACTICE	REWARD
Abundance	Integrity	Harmony

Inspired by possibility, brought about with care.



CURRAN CRAFTS
COACHING · CREATION · CRAFT

Made with AI as a tool, under my direction and judgment at every step. I stand behind this work as fully as anything I've made by hand.

Matthew Curran, Curran Crafts