



SCREEN-FREE *Autumn Evening* PLANNER

A GENTLE PLAN FOR EVENINGS
THAT NOURISH & RESTORE

TONIGHT'S INTENTION 🍂

How do I want to feel this evening?

SCREEN-FREE PROMISE 🍂

- ☐ I will put my phone away
- ☐ No TV or scrolling
- ☐ Be present in this moment
- ☐ Choose connection over screens
- ☐ Focus on what truly matters

♥ *The goal isn't perfection,
it's presence.*

EVENING PLAN 🍂

What would I love to do?

5pm

6pm

7pm

8pm

9pm

10pm

IDEAS TO CHOOSE FROM 🍂

- ♥ Read a good book
- ♥ Listen to an audiobook or podcast
- ♥ Light a candle & enjoy the glow
- ♥ Do a puzzle or play a board game
- ♥ Write in my journal
- ♥ Get creative – draw, paint or craft
- ♥ Bake something delicious
- ♥ Enjoy a warm drink
- ♥ Listen to music
- ♥ Have a heartfelt conversation
- ♥ Take a mindful moment
- ♥ Plan something to look forward to
- ♥ Stretch or do gentle yoga
- ♥ Write a letter or send a card
- ♥ Organise something small
- ♥ Sit by the fire & relax
- ♥ Reflect on my day
- ♥ Practice gratitude

WHO I'LL SPEND TIME WITH 🍂

People (or pets!) that make
this evening special

WHAT I'M LOOKING FORWARD TO 🍂

Little moments that will
make me smile

COZY ESSENTIALS 🍂

My must-haves for a perfect evening

- ☐

- ☐

- ☐

- ☐

- ☐

EVENING REFLECTION 🍂

How did this evening make me feel?

SLOW DOWN. UNPLUG. BE PRESENT.

This is where the magic happens.

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