

A full moon is centered in the upper half of the image against a dark blue, starry night sky. The background features watercolor splashes in shades of teal and blue, accented with gold glitter and small white stars. The overall aesthetic is dreamy and serene.

non-negotiable

Nightly routine

*A simple list of non-negotiables to consider
for your nighttime routine...*

Because YOU matter—it's time to prioritize your self care so YOU have enough of what your family needs to pour into them every day.

nightly **NON-NEGOTIABLE**
ROUTINE
A SIMPLE LIST FOR
TAKING CARE OF YOU

1 Tidy up your house

2 Wash face + brush teeth.

3 Put comfortable pajamas on.

4 Dim the lights in your house.

5 Replace TV with 15 min. of reading.

6 Plan your next day by writing it out before you go to bed.

The why behind each step...

Tidy up your house—especially your kitchen where you will end up in the morning.

Get your face clean—wash your face with warm water, hydrate with some lotion, and brush your teeth.

Put comfortable pajamas on. It can be tempting to wear your house clothes to bed or sleep in your undershirt and skivvies...but wearing pajamas sends a signal to your brain that your intention is to SLEEP.

Dim the lights in your house. Turn on a lamp in your bedroom vs. the overhead light when you're getting ready for bed. Dimmer lighting signals your body to start relaxing. And turn all electronics off—dock your phone too.


Remove the TV from your bedroom. Despite what you believe about “needing the tv to fall asleep”... screens are a stimulant. Replacing tv watching with reading a book or magazine is far superior for being able to fall asleep. (If you're like TONS of other parents who are embarrassed to admit they haven't read a book in 10 years... don't feel bad. We've all been there. Commit to having 2-3 high interest books on your nightstand, remove the tv from your room, and all of a sudden you start thumbing through the books and become engaged (and then do what you want your kids to do each night—read for 15-20 minutes).

Plan your next day by writing it out before you go to bed. Simply make a list of the main activities you're planning to do from the moment you wake up until it's time for your bedtime routine. This makes a HUGE difference in the quality of your sleep AND the productivity of your next day! Trust me! There's even an entire book on the subject called “Organize Tomorrow Today” by Jason Selk, Ted Bartow & Matthew Rudy. I'll link it in the Podcast show notes so you can check it out. Then it's lights out... at the same time every night (Consistency is key for developing good sleep habits).

And that's really IT! To sum up that list...here's what you can remember:


“Do what I'm asking my kids to do—for myself.”

It's pretty much that simple.



You may have additional things you include in your nightly routine, like prayer or meditation, unwinding with hot tea, or a hot bubble bath. You may include journaling in your evening routine.

The point is this—you've put a lot of thought into the nighttime routine of your kids because you want them to have the BEST chance possible at getting the rest they need to tackle their day. Are YOU worth that too? Are YOU willing to do the same basic routine for YOURSELF so YOU can be the best version of yourself which will benefit your family too?



Check out podcast *Episode 33, 6 Steps to a Solid Nighttime Routine* for more insight.



Habit TRACKER

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may	jun	jul	aug
sept	oct	nov	dec

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Take your family FROM OVERWHELM TO ease WITH OUR 5-STAR DAYS FAMILY PACK

Kid's lives are BUSY these days...they can have just as much (if not more) overwhelm going on in their heads—between school, sports, friends, family...

Help them learn to organize their thoughts and responsibilities using our 5-Star Days checklists...and why not give it a go yourself while you're at it!



small steps daily = BIG change

Our simple solutions help kids develop self-confidence, gratitude, motivation, and responsibility... little by little, using positive reinforcement—so it sticks! Little wins add up for measurable improvement.

Your days of nagging and bargaining are over!

GET 5-STAR DAYS

FOR KIDS 2-5, USE OUR TODDLER TOOL KIT

The Toddler Tool Kit includes activities, coloring pages, games, quotes, and tracking tools designed to help kids from 2-5 learn that they are capable of *big things*! *This kit helps your kid develop critical thinking, self-confidence, motivation, kindness, gratitude.*



SHOP FAMILIESOFCHARACTER.COM

HOW TO USE

The term “it takes a village” is around for a reason...it truly does! Please feel free to share this document through your village, your tribe—in addition to helping others, it’s like a virtual high five to us! We truly appreciate you spreading the word and sharing our resources.

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- + to share via email
- + to print and pass on to friends, parents, teachers or anyone who it might help

IT'S NOT OK...

- + to sell
- + to recreate as your own
- + to link the image on your site without prior approval from us.

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