



5

SIMPLE  
EVENING  
HABITS

THAT MAKE  
TOMORROW  
AMAZING

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Do you want to know the simple secret to getting the most out of your day?

It starts with your mornings. And you may not know that the key to a great morning starts with what you do the night before.

**THAT'S WHY I DO THIS EVENING ROUTINE EACH NIGHT.**

TONIGHT, BEFORE YOU GO TO BED, REMEMBER THESE THREE WORDS:

FLUSH THE TOILET

It's the perfect metaphor because I don't want you to see today's crap when you wake up tomorrow. Harsh, but true. I want you to wake up with a clean slate, a clear mind, and be ready to go.

That's why I want you to adopt this simple evening routine.

# Here are the 5 steps of my evening routine:

1

## EMPTY THE SINK AND CLEAR THE COUNTERS

Once you're up and have gone to the bathroom, where's the first place you go? The kitchen.

I want you to see clean counters, a clean sink, and a clean slate to start your day right. Dishes in the sink mean there's unfinished business.

Your mind will start noticing all the things you need to do. You'll be distracted immediately and you'll be wasting precious time on stupid stuff you should have done yesterday.

Don't take today's messes into tomorrow. Before you go to bed, empty the sink, put the dishes away, and clear the counters.

2

## PACK YOUR CRAP

Want to know why it's hard to stick to eating healthy and easy to eat junk all day? Because you didn't prepare the night before.

The solution? Set up everything so it's ready to go.

If you have kids, borrow the strategy that my husband and I use. Before bed, make sure backpacks are ready (if it's school season) and lunches are packed. If you want to eat healthfully, pack your own lunch too.

Do whatever you can the night before to set yourself and your family up for a smooth morning.

By setting yourself up to keep the morning frictionless, your morning becomes a quiet time to plan, wake up, and start your day powerfully before you plug in.

# 3

## LAY OUT YOUR PLANNER AND EXERCISE CLOTHES

Before you go to sleep, put your journal or planner on the kitchen counter. If you've got a busy day ahead, print out your calendar for the next day and leave that on the counter as well. That way, as you walk into the kitchen in the morning, you have a visual cue that you need to plan your day.

This visual cue is how you remind yourself that you need to do one of my favorite strategies, which I call **"30 before 7:30"**. It's at the core of my morning routine: taking 30 minutes before 7:30 AM to plan out my daily priorities.

Leave a visual cue to remind yourself of all of your morning commitments before you talk yourself out of them. By leaving a cue, there's no thinking involved. If you've made a plan to exercise, before you go to sleep, leave your workout clothes and sneakers by the bed, your water bottle on the counter, and your yoga mat by the door. If you've made a commitment to having healthy breakfasts, after you empty the sink, leave the blender on the counter and any non-refrigerated components of your morning smoothie.

# 4

## PLUG IN YOUR PHONE OUTSIDE YOUR BEDROOM

Once everything else is handled, I turn off the lights and go into my bedroom. The very first thing I do is set my alarm and put my phone in the closet. **This is the single most important aspect of my evening routine.** Whether it's right outside the door, in your bathroom, or down the hall, all that matters is that it's outside of your bedroom. If you use your phone as an alarm, either keep it just close enough to still hear (like I do) or consider buying a cheap alarm clock or watch to use instead.

When you wake up, instead of reaching for your phone and starting your day with what's going on in the outside world or seeing what people need from you, your phone won't be a distraction. This makes it easier to get up, get the day started, and do your planning—before letting the world in.

You deserve twenty minutes of your own time in the morning away from technology.

# 5

## BRAIN DUMP

Instead of having your phone next to your bed, I want you to keep a small notebook and a pen next to you, which I use for Step #5 of my evening routine: the brain dump.

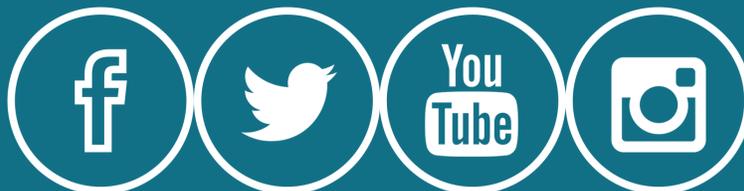
I don't do this step every night, but it's the best strategy to use if you get into bed and your mind is spinning and you don't fall asleep right away.

On those nights, grab the notebook and write down everything that's on your mind.

Do a brain dump of everything that's bothering you, worrying you, or any tasks you forgot to do. Write all of your thoughts down—completely uncensored.

This strategy is backed by research to help reduce your anxiety and racing thoughts. It makes it easier to fall asleep, setting you up to be rested and ready to own your day.

**Now that you've read this evening routine, it's time to try it out tonight. Then, let me know on social media how it's changed your mornings:**



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