Evening Preparation Protocol

November 11, 2026
Prepare an evening routine that reduces decisions the following morning.

What this guide covers

- Set up a morning station and needed supplies.
- Plan evening steps and timing cues.
- Track friction and adjust the routine.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

Format: Guide. Pages: 14. Words: 989.

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