



Night Time GYST CHECKLIST!



GYST = Get Your Sh*t Together

something we *all* need to work on, amirite? Before you go to sleep at night, be your own mom and make sure every loose end is tied up so you can sleep peacefully knowing that all you'll have to do when you wake up in the morning is take on the world!



Pack tomorrow's lunch – you'll be less inclined to do it in the AM, and we can't be buying \$15 office salads, right? (Pssst – peep our Mason Jar Meals guide for quick, on-the-go meal ideas!)



Lay out tomorrow's outfit – you're only as powerful as your ~lewk~ makes you feel.



Set your coffee pot for tomorrow morning, if coffee is your thing. Waking up to a fresh pot already brewed is a *gift*. If not, set out your cup of tea and fill your kettle with fresh water so all you have to do for tomorrow's cup is flick it on and wait for it to boil.



Frame out tomorrow's to-do list. You don't need to fill in every item you need to accomplish (they'll come up as the day goes on!) but outlining a few high-priority items the night before sets your intention for the next day, and makes you way more likely to get 'em done.



Half-prep breakfast. Rest two eggs in the bowl you plan to scramble them up in tomorrow morning. Lay out your bowl with the oatmeal packet sitting inside ready to go. Put your box of cereal on the counter or the dining table. Anything you can do to make things a *tiny* more foolproof in the morning helps.



Do one relaxing thing before you hop into bed. Meditate for five minutes; stretch for 10. Whatever gets you feeling relaxed and ready. It's the adult equivalent of being read a bedtime story.

