

Prior to bed:

- Choose clothes that you can wear for work or school the next day
- Take a bath or long shower
- Write thank you notes or short emails to friends
- Take the dog for a walk
- Groom your pets
- Listen to slow, relaxing or instrumental music
- Gather old bills and statements and shred them
- Organize collections- photos, old letters, wine, books, or other items
- Catch up on laundry or folding clothes
- Polish your shoes
- Iron or mend clothing
- Write in your journal
- Do some stretches to relax your muscles
- Give yourself a pedicure, manicure or facial
- Sweep or mop the kitchen floor while no one else is there to walk on it
- Floss!
- Knit
- Quilt

During the night:

- Look through catalogues
- Sort out junk mail and bills (but don't pay bills)
- Play solitaire with cards
- Catch up on your reading
- Make a grocery shopping list for the week
- Create a detailed menu for suppers
- De-clutter your coffee table, dining room table, kitchen countertops or desk
- Create a list of activities that you'd enjoy doing on weekends and vacations
- Work on photo albums or scrapbooks
- Fold clothes, put away clothes
- Read magazines or other light material
- Make a materials list for a project around the house Choose one or two drawers to clean out (in your desk, kitchen, bathroom)
- Organize collections of CDs or DVDs and choose some to donate or sell if you no longer enjoy them
- Jot down thoughts on a notepad for an assigned period of time, if you are using this exercise to help decrease nighttime and bedtime thinking and worrying
- Knit or do other crafts that you can stop working on when you feel sleepy
- Read your kids' books - these are often very comforting and positive in their messages

Early in the morning:

- Meditate or pray
- Watch the sunrise
- Take the dog for a walk
- Read the newspaper or read the news online
- Go to your gym or workout at home
- Go to the grocery store or other stores that open early
- Make lunch for yourself and for everyone else in the house
- Enjoy being able to get ready for work and kids ready for school without having to rush
- Sort out some kids' toys and choose things for Goodwill or a yard sale
- Sort and start your laundry, iron shirts or other clothes for work
- Start a budget for your family on a spreadsheet or in a notebook
- Send emails to friends or check your work email
- Shred or erase old computer disks, DVDs, etc., and dump old data from folders on your computer
- Organize all of your bills, receipts, coupons and warranty information in a filing cabinet or folders
- Get some of the preparation started for dinner dishes (marinating, chopping vegetables, and so on)
- Make the bed and tidy up your bedroom
- Open the curtains and blinds in the house
- Sweep your sidewalk or steps, or shovel snow
- Do some light gardening or water houseplants or those around your porch
- Review your to-do list for the day or the week