

THE EXECUTIVE RESET: NIGHTLY CHECKLIST

Elevated Lifestyle Home | 2026 Edition

Phase 1: The Tactical Shutdown (Work End)

1. **Clear the Surface:** Clean your desk and close all digital tabs.
2. **The Brain Dump:** Write down the "Big Three" goals for tomorrow.
3. **The Verbal Cue:** State "Day Complete" to signal your brain.

Phase 2: Biological Preparation (60-30 Mins Before)

1. **Digital Border:** All screens off (Apply the 10-3-2-1-0 Rule).
2. **Environment Reset:** 5-minute tidy-up of your living space.
3. **Amber Shift:** Dim lights to warm, sunset hues.

Phase 3: Nervous System Regulation (Bedtime)

1. **Tactile Connection:** 5-10 minutes of journaling or reading.
2. **Vagal Tone:** 2 minutes of Box Breathing or Physiological Sighing.
3. **Sleep Sanctuary:** Final check of room temperature and airflow.

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