E · EVENING EDGE

The Last Five Minutes

A one-week tool for Evening Edge

Everyone writes about mornings. But the day has a second edge, and most of us let it go dull. We drift from the couch to the phone to the bed with the day still running in the background, and then we're surprised when tomorrow morning starts tired and behind. The Evening Edge is about closing the day on purpose. Not just winding down, but handing the day back to the One who was in it with you all along.

Step one: The Evening Review. Three things, five minutes.

Not a performance review. A closing ritual. A highlight from today, one thing I learned, one thing I want to remember. Done over months, this builds a kind of self-awareness you can't get any other way.

	Highlight	Learned	Remember
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Step two: Use the Keep.

When something nagging surfaces (the email you need to send, the call you owe, the conversation you've been putting off), write it down with a note about when you'll handle it. You're not ignoring it. You're parking it. Your brain doesn't need the task done to let go. It just needs a plan.

What's nagging me	When I'll handle it
Day 1	
Day 2	
Day 3	

Step three: Gratitude last, then tomorrow's first line.

The last deliberate thought of the day should be gratitude, because the order matters. Then write one line for tomorrow morning: what matters most, or who you need to show up well for. That hands you straight back to the First Five Minutes card, and the loop closes.

Tonight I'm grateful for

Tomorrow, what matters most is

"*In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.*" (*Psalm* 4:8)