

Clear Your Mental Overload in 5 Quiet Minutes a Night

WHAT THIS FREE 3-PAGE MINI-QUEST DOES FOR YOU: Stop lying awake worrying about tomorrow's bills, chores, and school/work deadlines. Clear your head in 5 quiet minutes a night, **save 30 minutes of morning commuter rush**, and get **2 hours of peaceful evening time back** with your family!

“People think keeping a lighthouse is grand work. Mostly it is doing one small, ordinary thing properly so the night stays calm.” — Bram Visser

Day	1 Real Task That Drains My Time (Bahay / Klase / WFH)	How I Simplified It (So I Get Free Time Back)	Time Saved
Day 1	Ex: Nagmamadali sa baon, ID, at barya tuwing 6:00 AM	Nilagay sa iisang tray sa gabi bago matulog	+25 mins
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

- Night-Before Commuter & Estudyante 4-Point Reset (Wake Up Calm & Save 30 Mins Tomorrow Morning):**
- ☐ **1. Saktong Barya & Beep Card:** Nakahiwalay na sa coin pouch para iwas-tagat at hindi nagmamadali sa jeep/trike.
 - ☐ **2. Payong, Panyo & ID:** Nasa loob na ng bag sa tabi ng pinto.
 - ☐ **3. Powerbank & Cellphone:** Nakasaksak na bago humiga.
 - ☐ **4. Unang Baso ng Tubig:** Nakahanda na para bukas ng umaga bago hawakan ang cellphone.

Bram Visser & Hana (@hana.seoulsaver) are fictional AI-generated characters · Practical daily habit sheets, not medical or financial advice.

Bagyo / Brownout 10-Minute Family Peace-of-Mind Check

WHAT YOUR FAMILY GETS FROM THIS PAGE: Never scramble in the dark or panic when heavy rain or a sudden brownout hits. Spend 10 calm minutes filling this out once, tape it inside your kitchen cabinet, and give your whole household instant peace of mind.

“In a storm, you cannot look for the torch. Every tool in a lighthouse has one fixed home. Check yours on a calm afternoon.” — Bram

☒	Bahay Readiness Item	Exact Fixed Spot in Our Home ("Its Home")
☐	Flashlights / Emergency Rechargeable Lamp	
☐	Powerbanks & Charging Cables (100% charged)	
☐	Drinking Water & Easy-Open Canned/Dry Food	
☐	First-Aid Pouch & Maintenance Medicines	
☐	Important IDs, Small Bills/Barya & Waterproof Pouch	
☐	Payong, Kapote & Boots by the Door	

Household Emergency Numbers (Written on Paper — Battery-Proof)

Agency / Family Contact	Hotline / Phone Number
Barangay / LGU Rescue & DRRMO Hotline:	
Electric Co-op / Meralco / Water Utility:	
Family Emergency Contact 1:	
Family Emergency Contact 2 / School Clinic:	

Cozy Rainy-Night Family Prompt (Screen-Free Bonding): When the Wi-Fi goes out or the rain is loud outside, gather for 10 minutes with warm milo/tea and share: *"What was one small good thing that happened today?"*

7-Day Evening Wind-Down & "Petsa de Peligro" Saver Log

In just 3 quiet minutes before sleep: empty your head onto paper so you sleep peacefully, wake up knowing tomorrow's #1 priority, and keep ₱300–₱1,000/week of unnoticed peso leaks in your pocket.

Night	What I Fixed / Completed Today	Tomorrow's #1 Priority (So I Sleep Calm)	Peso Leak Kept in My Pocket (₱)
Night 1			₱
Night 2			₱
Night 3			₱
Night 4			₱
Night 5			₱
Night 6			₱
Night 7			₱

Want 30 Days of Calm Evenings, Stress-Free Mornings & Extra Savings?

Get the complete **The Keeper's Logbook: 30-Day Routine Reset (Philippines A4 Printable & Tablet Edition, 58 Pages)** and here is what it will do for your everyday life:

- ✓ **Get 2 Hours of Peaceful Evening Time Back:** Clear your mental clutter in 5 quiet minutes a night so you stop overthinking in bed and actually rest with your family.
- ✓ **Save 30 Minutes Every Morning:** Done-for-you WFH/Night-Shift wind-down & commuter night-before checklists so nobody scrambles for keys, baon, or exact fare.
- ✓ **Keep ₱1,500–₱3,000/Month from Slipping Away:** Includes the full Petsa de Peligro Baon & Expense Log, 1 Real Task a Day Simplifier, Bagyo Readiness Check, and A4 Family Fridge Chart!

GET CALM EVENINGS & STRESS-FREE MORNINGS — FULL 58-PAGE PH EDITION FOR ₱199 (GCash / Maya)

👉 Tap the link in our bio or comment "**LOGBOOK**" on the reel to get the instant Raket.ph / GCash checkout link!