

# EVENING REFLECTION

Date: \_\_\_\_\_

## HABIT CHECKLIST

Core Habits	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning Routine							
Deep Work Session							
Physical Activity							
Healthy Nutrition							
Reading/Learning							
Screen-Free Time							

## DAILY REVIEW

*Three things I am grateful for today...*

*What was the highlight of my day?*

*What challenged me & how did I respond?*

*How can I make tomorrow even better?*

*Daily Mood & Energy (Rate 1-10)*

Low

1

2

3

4

5

6

7

8

9

10

High