

EVENING REFLECTION

Date: _____ • Time: _____

THE DAILY REVIEW

What were the three most meaningful moments of today?

- 1.
- 2.
- 3.

GRATITUDE

LESSONS LEARNED

TOMORROW'S INTENTIONS

One thing that would make tomorrow a success...

I want to feel...

EVENING WIND-DOWN

Digital Sunset (No Screens)

Physical Environment Reset

Breathwork / Meditation

Read for Pleasure

"Finish every day and be done with it. You have done what you could." - Ralph Waldo Emerson