

# EVENING REFLECTION

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

## **GRATITUDE & WINS**

Three small things I am grateful for today:

What was my biggest "win" or accomplishment?

## **ANALYSIS**

What challenged me today?

How did I handle it?

## **ENERGY TRACKER**

Mood (1-10): \_\_\_\_\_ Energy (1-10): \_\_\_\_\_ One word to describe today:

## **LOOKING FORWARD**

The top priority for tomorrow is:

One way I can make tomorrow better than today:

## **FREE THOUGHT SPACE**