

# EVENING REFLECTION

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

## GRATITUDE & HIGHLIGHTS

### MINDFUL CHECK-IN

- Digital disconnect completed
- Body scan / stretching
- Hydration goal met
- Environment tidied

### ENERGY LEVEL

Low - - - High

### LESSONS & THOUGHTS FOR TOMORROW

### EVENING AFFIRMATION

*"I have done enough for today. I release the day's weight and embrace rest."*

Minimalist Mindset Series