

# **EVENING REFLECTION**

Date: \_\_\_\_\_  
**THREE WINS FROM TODAY**

**MOMENTS OF GRATITUDE**

**DAILY MOOD SCORE**

Low 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 High

**WHAT BROUGHT ME PEACE TODAY?**

**ONE THING TO LET GO OF BEFORE SLEEP**

**TOP PRIORITY FOR TOMORROW**

"Rest is the foundation of tomorrow's strength."