

EVENING REFLECTION

Date: _____

GRATITUDE & WINS

Three things I am grateful for today:

What was my biggest "win" of the day?

REVIEW

What could have gone better?

PREPARATION

Top priority for tomorrow:

NIGHTLY CHECKLIST

- Devices off 30 mins before bed
- Environment tidied
- Tomorrow's outfit/bag ready
- Skincare / Hygiene routine
- Read or Meditate

FINAL THOUGHT