

# EVENING REFLECTION

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

## **MINDFUL GRATITUDE**

Three things that brought me peace today:

## **EMOTIONAL CHECK-IN**

Energy Level (1-10)

Dominant Emotion

Quality of Sleep

## **RELEASE & FORGIVENESS**

What am I letting go of before I sleep?

## **SELF-CARE RITUALS**

Hydration

Skincare

Digital Detox

Reading/Journaling

Stretching/Yoga

Preparation for Tomorrow

## **INTENTIONS**

One positive thought to fall asleep with: