# EVENING REFLECTION

**REFLECT. RELEASE. RESET.**

Take a few minutes to reflect on your day and close it with intention.

**DATE** _____ **TIME** _____

## 1. TODAY, I AM PROUD OF...

1. _____
2. _____
3. _____

## 2. WHAT CHALLENGED ME TODAY?

_____
_____
_____
_____

## 3. WHAT WENT WELL TODAY?

_____
_____
_____
_____

## 4. WHAT DO I WANT TO LEAVE BEHIND TONIGHT?

_____
_____
_____
_____

## 5. WHAT DO I NEED BEFORE BED?

- ☐ Water
- ☐ Quiet
- ☐ Shower / bath
- ☐ Journal
- ☐ Screen break
- ☐ Support
- ☐ Other: _____

## 6. TOMORROW, I WANT TO REMEMBER...

_____
_____
_____
_____

**Rest is part of healing.**

**LET'S HEAL TOGETHER!**

Nova Wellness Collection Inc.