



= 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 | ☐ Screen break |
| ☐ Quiet | ☐ Support |
| ☐ Shower / bath | ☐ Other: _____ |
| ☐ Journal | |

6. TOMORROW, I WANT TO REMEMBER...

- _____
- _____
- _____



Rest is part of healing.



LET'S HEAL TOGETHER!