

# Evening Reflection EXERCISE

Spending just a few minutes at the end of the day before you begin your nighttime wind-down routine can help set you up for rest and get you ready for an amazing day tomorrow!

## 1 Write down what went well today.

Take a few minutes to reflect and celebrate a few "wins" from your day.

---

---

---

---

---

## 2 Rate your Overall:

Energy	☆	☆	☆	☆	☆
Stress	☆	☆	☆	☆	☆
Emotions	☆	☆	☆	☆	☆
Health	☆	☆	☆	☆	☆

## 3 How did you feel today?

- Amazing
- Pretty Good
- Just Okay
- Could've Been Better
- Thankful Tomorrow is a New Day

## 4 Reflect on why you felt this way. Jot down a few things that happened.

---

---

---

What would you like to repeat or change tomorrow?

---

---

## 5 Write Down 3-5 Things for which you're thankful

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_