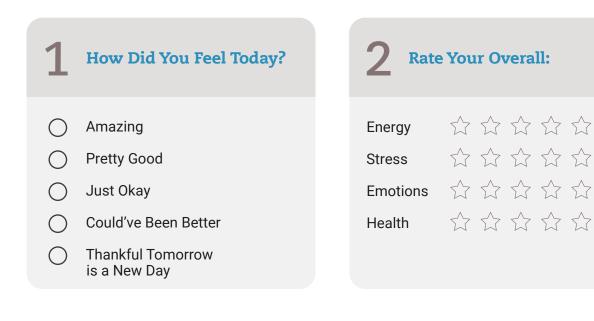
## **28 Days to Restore Your Gut**

## Evening Reflection

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!

## Day:



Why Did You Feel this Way? Jot Down a Few Things that Contributed.

List 3–5 Things for Which You're Thankful.