

End of Day Gratitude

Use this worksheet each evening to gently reflect on the positive moments, peaceful experiences, and small victories of your day. This practice is designed to help you unwind, reconnect, and end your day with intention and gratitude.

1. What was one moment today that made you feel at peace or brought you joy?

2. Who or what are you thankful for today—and why?

3. What's one challenge you handled today that you're proud of?

4. Did someone help or support you today? Reflect on that interaction.

5. What is something simple (a sound, sight, scent, or feeling) that you appreciated today?

6. What part of your routine felt grounding or comforting?

7. How did you take care of yourself today? Be kind and honest.

8. What would you like to carry forward into tomorrow from today's experience?
