

Evening Reflection Journal

1. How am I feeling right now?

2. What went well today?

3. What challenged me today?

4. What did I learn about myself today?

5. What am I proud of today?

6. What could I do differently tomorrow?

7. What am I grateful for tonight?

8. What do I want to let go of before I sleep?

9. What intention do I want to set for tomorrow?

10. Notes / Free Reflection:
