

EVENING REFLECTION

1-2 minute pause to end your day with presence, intention, and peace

PURPOSE:

- Reinforce positive neural pathways
- Support emotional regulation
- Calm your mind and settle your nervous system for restful sleep

HOW TO:

Pause and reflect on the following:

- 1 What Went Well today? (*Triple Dub!*)
- 2 What am I grateful for?
- 3 Savor (something in your immediate experience – like your soft pillow – or you could relive a memory of something pleasant/joyful in your day).

INTEGRATION TIPS:

- 📖 Keep a journal or reminder by your bedside
- 🔗 Link reflections to an existing habit (e.g., after brushing your teeth)
- ⌚ Set an external cue (watch/phone alarm, calendar reminder)

