

Clear mind before bed

What is on your mind right now?

How are you feeling right now?

Write down one word to describe your day, then write a sentence about it –
e.g. *Calm – today was calm because I did my morning routine and that helped me to stay in the present*

What are you grateful for today?



The emotions you felt today include:

What did you do today to make yourself proud?

What was your biggest challenge today?

Something that bothered you today was...

Is there anyone in your life who makes you feel good about yourself just because they're around you?

Have you done anything today to make someone else happy?

Write one thing that made you feel loved today:

What do you want to take from today into tomorrow?



What's your word or focus for tomorrow?

What would you like it to bring you?

If you could change one thing about your actions today, what would it be?

Write tomorrow's To-Do list:



What are your top 3 priorities for tomorrow?

How can you make tomorrow better than today?

How do you want to feel when you wake up in the morning?

