



EVENING REFLECTION RITUAL



STATE CHECK-IN

- What emotional state am I ending the day in?
- Did this state shift at any point today?

Without checking in, it's easy to carry tension into tomorrow.



ANCHOR MOMENT

- What moment felt most aligned, clear, or emotionally congruent?
- What made it feel that way?

Find out what's working.



MENTAL DECLUTTER

- What thoughts are still looping or unfinished?
- Can I name one and set it down for now?

Decluttering your mind helps you rest without carrying weight.



MICRO- PROMPT

“What do I want to remember
about today?”

“What would I tell myself if I
were starting over tomorrow?”



CLOSING CUE

- Choose one:
- Write a single sentence
- Stretch for 30 seconds
- Sit in silence for 1 minute

Ending with structure helps your nervous system shift into rest.