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:

Take a minute to reflect:

1️⃣ **Pause:** let yourself come to rest for a moment as your day winds down.

2️⃣ **Observe:** notice your body slowing down: the weight of your body, the pace of your breath.

3️⃣ **Choose:**

- Reflect: *"What went well today?"* (Triple Dub!)
- Savor: relive the moment(s) and let the feeling sink in.

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)