

Evening Reflections

WHAT DID I ACHIEVE TODAY?

WATER INTAKE:



HOW I FELT TODAY:



SOMETHING I LEARNED FROM THE DAY:

WHAT AM I GRATEFUL FOR THIS EVENING?

1. _____

2. _____

3. _____

WHAT ARE MY GOALS FOR TOMORROW?

1. _____

2. _____

3. _____

ONE AFFIRMATION OR POSITIVE QUOTE FROM TODAY:
