

Bedtime Wind-Down

Date: / /



Set down your worries and say goodnight to yourself.

Today's Worry List



Write down what's worrying you so it doesn't keep circling in your mind.

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Kind Words for Myself



- ♥ I'm doing my best.
- ♥ I deserve kindness.
- ♥ Things can get better, one step at a time.
- ♥ I choose to care for myself.



What Can I Do?

What can I act on? Is there one small thing I can do now?

- _____
- _____
- _____



For Tomorrow



Leave these for tomorrow.
It's time to rest.

- _____
- _____
- _____
- _____

Bedtime Ritual



Have a warm drink



Read a few pages



Listen to soft music



Write a few journal lines



Light a candle

Breathe deeply and say goodnight to yourself. ♥

Today's Reflection

One thing I'm grateful for today:

★ Rate your day!



Bedtime Wind-Down

✧ Set down your worries and say goodnight to yourself. ✧

Let It Rest

These worries can't be solved tonight.
Let time hold them for now.

Do one thing that helps you relax.

- _____
- _____
- _____
- _____
- _____
- _____

Date: / /

Today's Small Joys

Three small things that made me smile today:

- ★ _____
- ★ _____
- ★ _____

Kind Words for Myself

I'm doing my best.
I deserve kindness.
Things can get better,
one step at a time.
I choose to care for myself.

Today's Reflection

One thing I'm grateful for today:

Bedtime Ritual

- ♡ Have a warm drink
- ♡ Read a few pages
- ♡ Listen to soft music
- ♡ Write a few journal lines
- ♡ Light a candle
- ♡ Breathe deeply and say goodnight to yourself.

Rate your day!

How was today?



★★★★★



★★★★★



★★★★★



★★★★★

Breathe deeply and say goodnight to yourself. ♡

