

EVENING FIVE MINUTE JOURNAL

1. What was one good moment from today?
2. What surprised me today?
3. What did I learn about myself today?
4. When did I feel most present?
5. What was harder than I expected?
6. What did I handle well, even if the outcome wasn't perfect?
7. Is there anything I need to forgive myself for today?
8. What can I leave unfinished without carrying it into tomorrow?
9. What is one thing I want to remember from today?
10. What would I like to do differently tomorrow?

