



Evening Reflection Journal

What can I learn from my experiences today? How can I apply these lessons in my life going forward?

---

---

---

---

---

How am I feeling physically? Why? What is my body communicating with me?

---

---

---

---

---

Is there anything I can do to take even better care of myself physically? What does my body need?

---

---

---

---

---

How am I feeling emotionally? Why? What are my emotions communicating with me?

---

---

---

---

---

Is there anything that needs to be processed & expressed? Any healthy boundaries that need to be set?

---

---

---

---

---

How am I doing mentally? Why? \_\_\_\_\_

---

---

---

---

---

Are there any out-of-alignment thoughts, thought patterns, or old beliefs that surfaced today? What triggered them? What can I learn from this experience? \_\_\_\_\_

---

---

---

---

---

How did I honor my Spiritual Self & my Higher Purpose today? How can I further align with who I truly am at Soul level? \_\_\_\_\_

---

---

---

---

---

How did I use my Divine Gifts to help others today? How will I continue to use my Divine Gifts to assist others? \_\_\_\_\_

---

---

---

---

I am thankful for the many blessings in my life. They include:

---

---

---

---

---