



[THE MINDFUL LIFE COACH UK](http://www.themindfullife.co.uk)

FREE EVENING JOURNAL TEMPLATE

Taking time at the end of each day to reflect and acknowledge its highs and lows and set intentions for the following day, is an excellent way to process and let it go, before the mind and body will often allow us to rest and enjoy good quality sleep.

Print this template or simply use the prompts in your own paper or electronic journal as a guide. Observe the impact on your sleep, emotional wellbeing, motivation, and success the following day.

DATE...../...../.....

What did I achieve today? List at least 5 things no matter how big or small.

- 1.
- 2.
- 3.
- 4.

What difficulties/challenges did I face today? What did I learn from them? What could I do differently next time this arises?

One thing I will dispose of/let go of (either practical or emotional) which no longer serves me is....?

How do I feel physically? Close your eyes and complete quick body scan.



List up to 5 things I am grateful for today no matter how big or small

- 1.
- 2.
- 3.
- 4.

My goals/things to do tomorrow:

Morning

Afternoon

Evening

An act of self-care I can implement tomorrow is...

An act of kindness towards others I can implement tomorrow is...