



# Day-End Sheet

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*It is best you do this last thing before you sleep. Go to a place where you feel most comfortable. It may be your bedroom. You might want to put relaxing music on or dim the light. Put your electronic devices away.*

*You might want to take a minute to focus on your breathing. This is an effective way to relax. Inhale through your nose. Hold your breath for 4 seconds. Exhale through your mouth for as long as you can. Repeat this for approximately one minute.*

*Now you can reflect on the following.*

*Today, I am most satisfied  
with*

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*Today, I could have done*

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*differently.*

*Today, I am grateful*

*for*

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*Today, I am very proud of*

*being*

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*Notes:*

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