

6 NIGHTTIME JOURNAL PROMPTS TO QUIET AN OVERTHINKING MIND

WHAT THREE THINGS WENT WELL TODAY, NO MATTER HOW SMALL?

LIST THREE THINGS YOU'RE GRATEFUL FOR TODAY.

WHAT'S SOMETHING SIMPLE I'M LOOKING FORWARD TO TOMORROW?

WHAT FUTURE WORRY IS CIRCLING IN MY HEAD RIGHT NOW?

WHAT'S ONE STEP I CAN TAKE TOMORROW THAT MIGHT MAKE ME FEEL MORE PREPARED?

IF MY THOUGHTS HAD A VOLUME DIAL, WHAT WOULD I TURN DOWN TONIGHT?