

## **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?**