



EVENING

Ritual

STARTER PACK



REFLECT ♥ RESET ♥ RECHARGE

*Good thoughts
Kind heart
Peaceful mind*



HOW TO USE THIS
Evening Ritual
STARTER PACK

— ♥ —

This pack is designed to help you slow down, reflect, and end your day with peace and intention.

Here's how to make the most of it: ♥

1



SET THE MOOD

Create a calm space. Dim the lights, light a candle, and take a few deep breaths.

2



JOURNAL & REFLECT

Use the journal pages to express gratitude, reflect on your day, and focus on the good moments.

3



RESET YOUR MIND

Write your thoughts, release what you don't need to carry, and choose peace.

4



COLOR & RELAX

Enjoy the coloring pages as a mindful way to unwind and be present.

There's no rush. Take your time and do what feels right for you. Even 5–10 minutes can make a big difference.

You deserve this time. ♥

♥ You're doing something beautiful for you. ♥





GRATITUDE

Focus on the good. It changes everything.

3 THINGS I AM GRATEFUL FOR TODAY:

1. _____
2. _____
3. _____

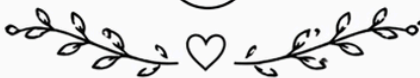
A BEAUTIFUL MOMENT TODAY:

PEOPLE I APPRECIATE:

SOMETHING I'M LOOKING FORWARD TO:

A NOTE TO MYSELF:





EVENING REFLECTION

Slow down. Release the day. Reset your mind.



HOW I FEEL TODAY:



WHAT I WANT TO RELEASE:



WHAT I LEARNED TODAY:

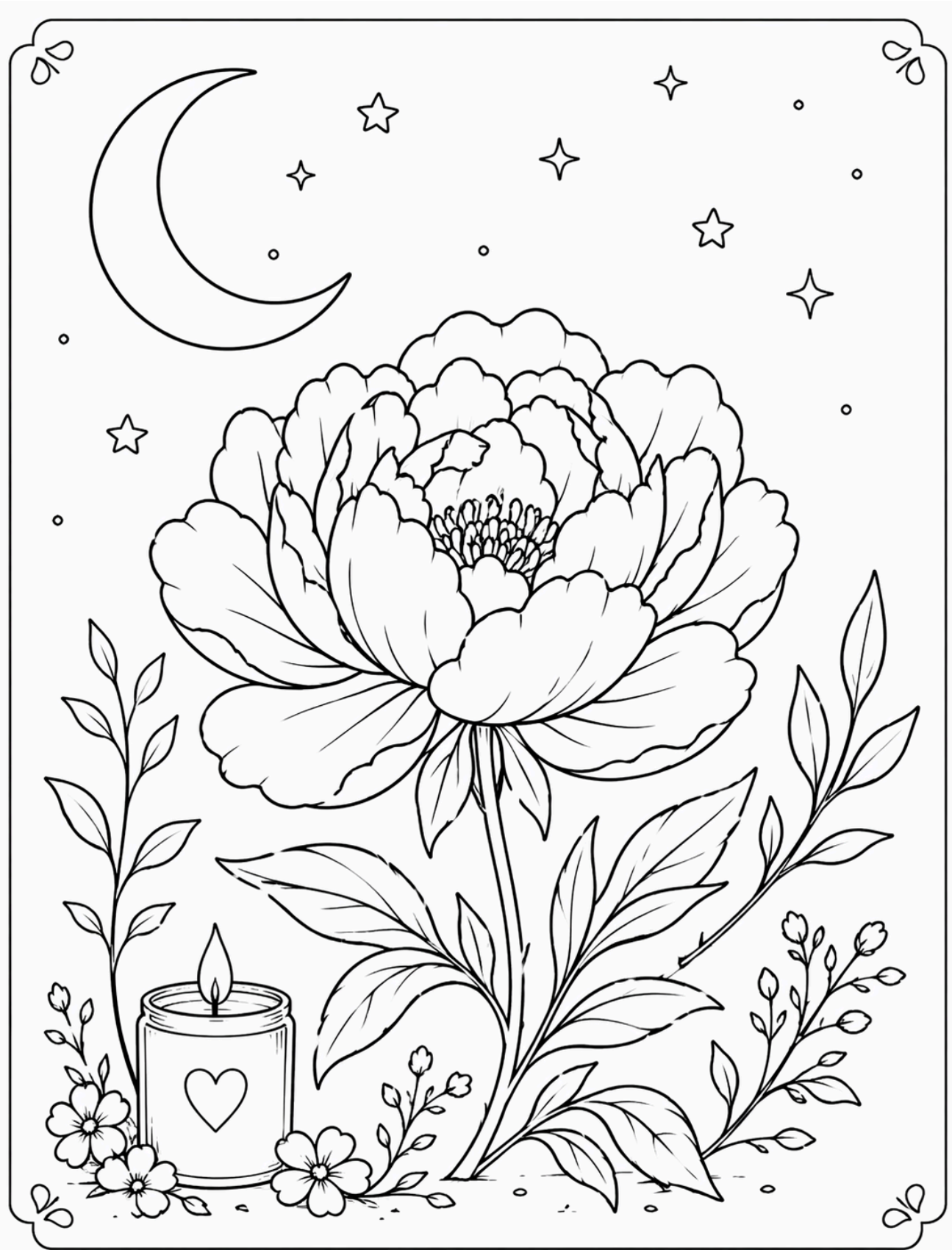


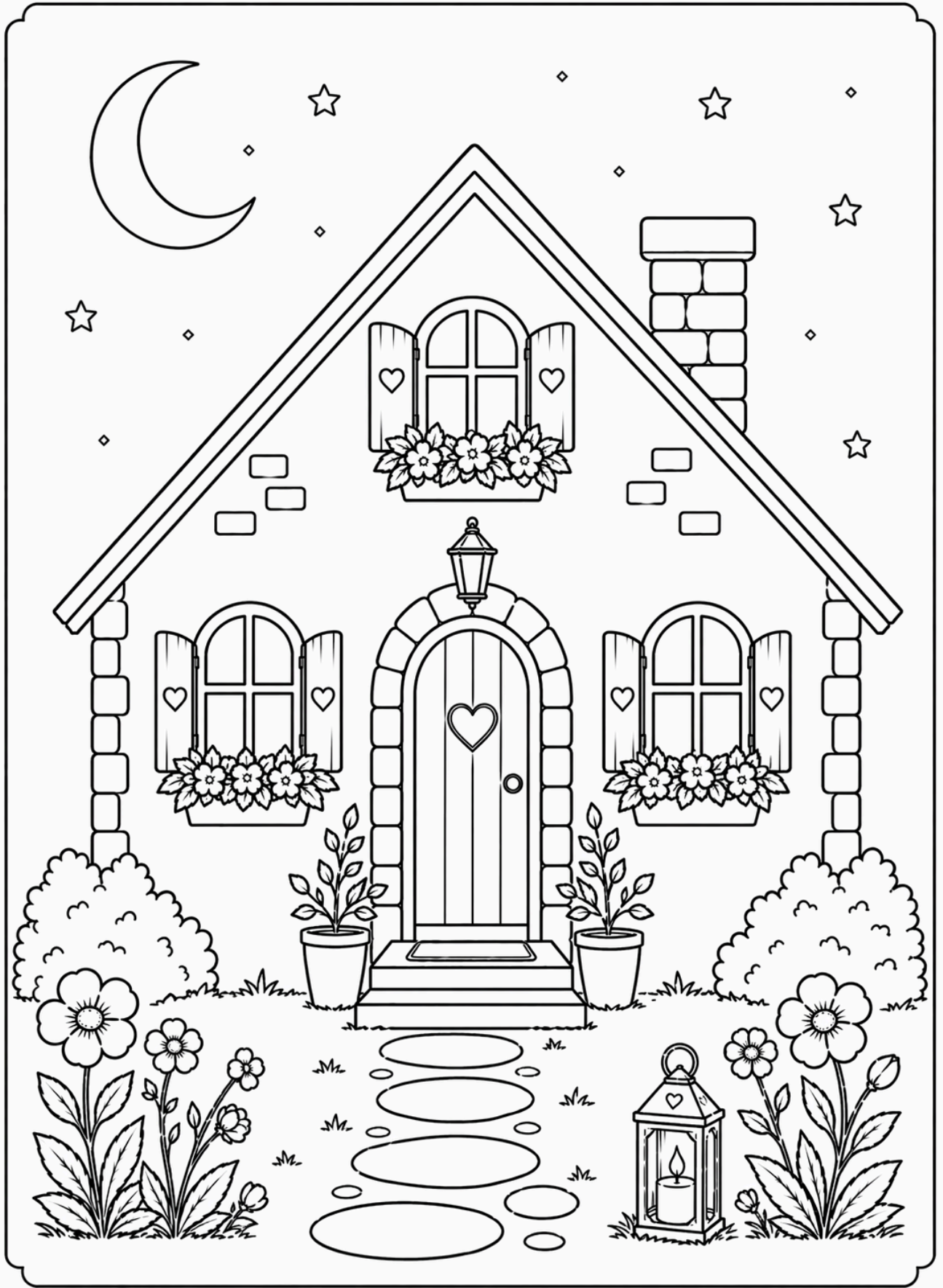
A MOMENT I WANT TO REMEMBER:



MY INTENTION FOR TOMORROW:















5-MINUTE EVENING RESET

A simple ritual to calm your mind before sleep

-  Light a candle
-  Drink something warm
-  Write 3 gratitudes
-  Reflect on your day
-  No phone (10 minutes)
-  Set intention for tomorrow

TONIGHT I FEEL:

You deserve this moment of calm.