
Evening Hearth
Set the day down here.
REST
REFLECT
RELEASE
TOMORROW
What I'm Carrying From Today
Thoughts, feelings, tasks, worries... get it out of your head and onto the page.
Something I Want to Keep
A moment, a win, something I'm proud of, or anything that felt good today.
Something I'm Ready to Leave Here
Release what no longer needs to follow you into tomorrow.
What My Body Needs Tonight
Rest, comfort, movement, nourishment, kindness...
Tomorrow Can Hold...
Tasks, hopes, or anything that can wait until a new day.
The day is allowed to end,
even if everything isn't finished.