# 28 Days to Restore Your Gut

## Evening Reflection

A few minutes at the end of the day before you begin your nighttime wind-down routine can help set you up for rest and get you ready for an amazing day tomorrow!

**Day:**

### 1 How Did You Feel Today?

- ○ Amazing
- ○ Pretty Good
- ● Just Okay
- ○ Could've Been Better
- ○ Thankful Tomorrow is a New Day

### 2 Rate Your Overall:

| | |
|---|---|
| Energy | ☆ ☆ ☆ ☆ ☆ |
| Stress | ☆ ☆ ☆ ☆ ☆ |
| Emotions | ☆ ☆ ☆ ☆ ☆ |
| Health | ☆ ☆ ☆ ☆ ☆ |

### 3 Why Did You Feel this Way? Jot Down a Few Things that Contributed.

### 4 List 3–5 Things for Which You're Thankful.



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