

# Evening Reflection

*Sometimes a few honest lines at the end of the day are all you need to settle your mind.*

Where did I pause instead of rushing today?

---

---

---

---

---

---

---

---

What gave me a bit of connection?

---

---

---

---

---

---

---

---

What can I let go of before tomorrow?

---

---

---

---

---

---

---

---

# *Ready for more structured support?*

These free resources are designed as starting points.

If you're looking for deeper guidance, my therapist-designed workbooks and journals offer step-by-step support, psychoeducation, practical tools, and space for reflection.

Explore the full collection via my website or Etsy.

<https://thehealingspaceuk.etsy.com>

