THOUGHT COLLECTOR

Do you ever find evenings make your mind wander? You suddenly remember all of the things you forgot to do, and grief may even feel heavier. Take some time every night to write down some things that seem to be sticking in your mind, and then finish with five things/people you are grateful for. This practice can start reducing that "brain noise" and help us to get better rest.

WHAT'S ON MY MIND TONIGHT?

5 MOMENTS OF GRATITUDE:

1

2

3

4

5