

Evening Gratitude Practice

Each night at bedtime, review your day from when you awoke in the morning until bedtime. Name all of the things that you are specifically grateful for on this day. It could begin with a great cup of coffee, a snuggle with your kiddo or partner, a yummy breakfast. And so forth. This sets the tone for going to sleep with a grateful and peaceful mind.

You can modify this by either writing this into a physical journal, saying it aloud and sharing your gratitude with someone else. I sometimes do this with my son as I am tucking him at night. Or you can voice record it or type it in to one of your devices. (However, I strongly recommend being device-free for 30-60 minutes prior to sleep.)

I hope this helps!