

4-Page Evening Journal

Type: Journaling • Intention: Release, Clarity, Gratitude • Duration: 8–12 minutes • Level: Beginner

Overview

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Setup

- Prepare four stacked mini-pages or one sheet with quadrants; keep a pen nearby.

Step-by-Step

1. Dump: everything noisy in your head—no editing.
2. Distill: circle 3 items that truly matter.
3. Decide: write the next small step for each circled item.
4. Drift: one paragraph of calming narration to walk yourself into sleep.

Guided Script (for audio or read-aloud)

Empty first, then choose. Let the page catch the noise.

Circle the three that count. For each, pick the easiest next step—one you could do half-asleep.

Now write your Drift: a few lines that sound like a gentle friend walking you toward rest.

Variations

- Drift starters: ‘Tonight I let go of...’ ‘Tomorrow begins with...’
- Decide starters: ‘The smallest nudge I can make is...’

Printable One-Pager (Summary Card)

- 1) Dump • 2) Distill (circle 3) • 3) Decide (tiny next step each) • 4) Drift

♦ Image Placeholder

[Place art/diagram here: Open notebook with four simple boxes (evening-journal.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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