

The Evening Review

Ninety seconds before sleep. Read the day for information, not a verdict.

How to use it

- 1 What did I do well today? Name one specific moment, not a quality.
 - 2 What went badly? State it plainly, without excuse or elaboration.
 - 3 What is the one thing I will do differently tomorrow?
 - 4 Then stop. The day is closed, whether or not it went well.
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Day 1

Day 2

Day 3

Day 4

Day 5
