

# Bedtime Seeds

## Self Reflection Boosts Positive Momentum



Research has shown that some of the most successful people reflect positively on their day before they go to bed. Doing so reminds them of their progress, which helps build internal confidence and long-term motivation. Use this bedtime ritual to plant your own seeds of encouragement and to train your brain to know that—no matter the challenges—you have made positive progress and there are great things in your life.

## Instructions

1

### REFLECT & WRITE

Write 3 good things that have happened to you so far today. Think about:

- What you learned
- What or who you're grateful for
- What small things have gone right today

2

### PLANT SEEDS

By acknowledging the good things in your life, you are planting the seeds that life is working out for you, so you can move forward confidently.

3

### DO THIS EVERY NIGHT

Before you go to sleep, plant your seeds for the next day. Rewire your brain to embrace and project positivity.

## Bedtime Seeds: 3 Good Things | Day 1

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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## Bedtime Seeds: 3 Good Things | Day 2

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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## Bedtime Seeds: 3 Good Things | Day 3

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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## Bedtime Seeds: 3 Good Things | Day 4

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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## Bedtime Seeds: 3 Good Things | Day 5

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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## Bedtime Seeds: 3 Good Things | Day 6

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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## Bedtime Seeds: 3 Good Things | Day 7

WHAT DID YOU LEARN?

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WHAT OR WHO ARE YOU GRATEFUL FOR?

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WHAT SMALL THINGS HAVE GONE RIGHT SO FAR TODAY?

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