Before Bed Journal

| I think: |
|-------------------------------------|
| |
| I need: |
| |
| I feel: |
| |
| |
| Today I: |
| |
| I wish that: |
| |
| |
| The worst part of my day today was: |
| |
| The best part of my day today was: |
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| Anything Else I need to sort through: | | | | | | |
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