



## **At the end of the day Worksheet**

Finish these four statements to celebrate the day and to put a 'challenging day' into perspective. This is a powerful way to increase your positive energy or change your state so you rest well and wake refreshed the next morning with your full life force.

1. One thing I got done was . . .

2. I let go of . . .

3. Tomorrow . . .

4. I'm grateful for . . .

Feel free to print and share this worksheet in its' original format.