



LDC Strategies
with Coach Lori Anne



Peaceful Evening Journal

END YOUR DAY WITH PEACE,
EASE & SELF CARE





What came up for me during my evening meditation?



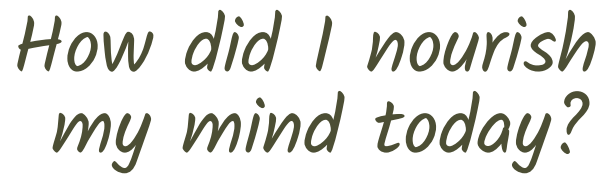
*What are 10 things I'm grateful
for today?*



How do I feel in my body right now?
Breathe into any tight spaces.

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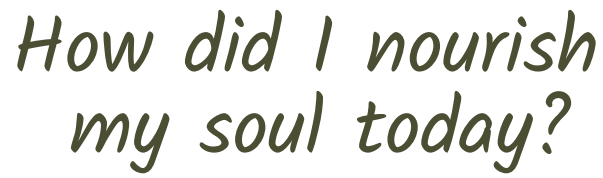




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*How did I nourish
my body today?*



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Self Care Evening Inspiration

Practice Yoga

Go for a Walk

Put Calming Music On

Journal

Make a Cup of Tea

Watch the Sun Set

Take a Bubble Bath

Read a Book

Call a Girlfriend

Draw or Color

Practice Gratitude

Meditate

Take Deep Calming Breaths

Go to Bed Early



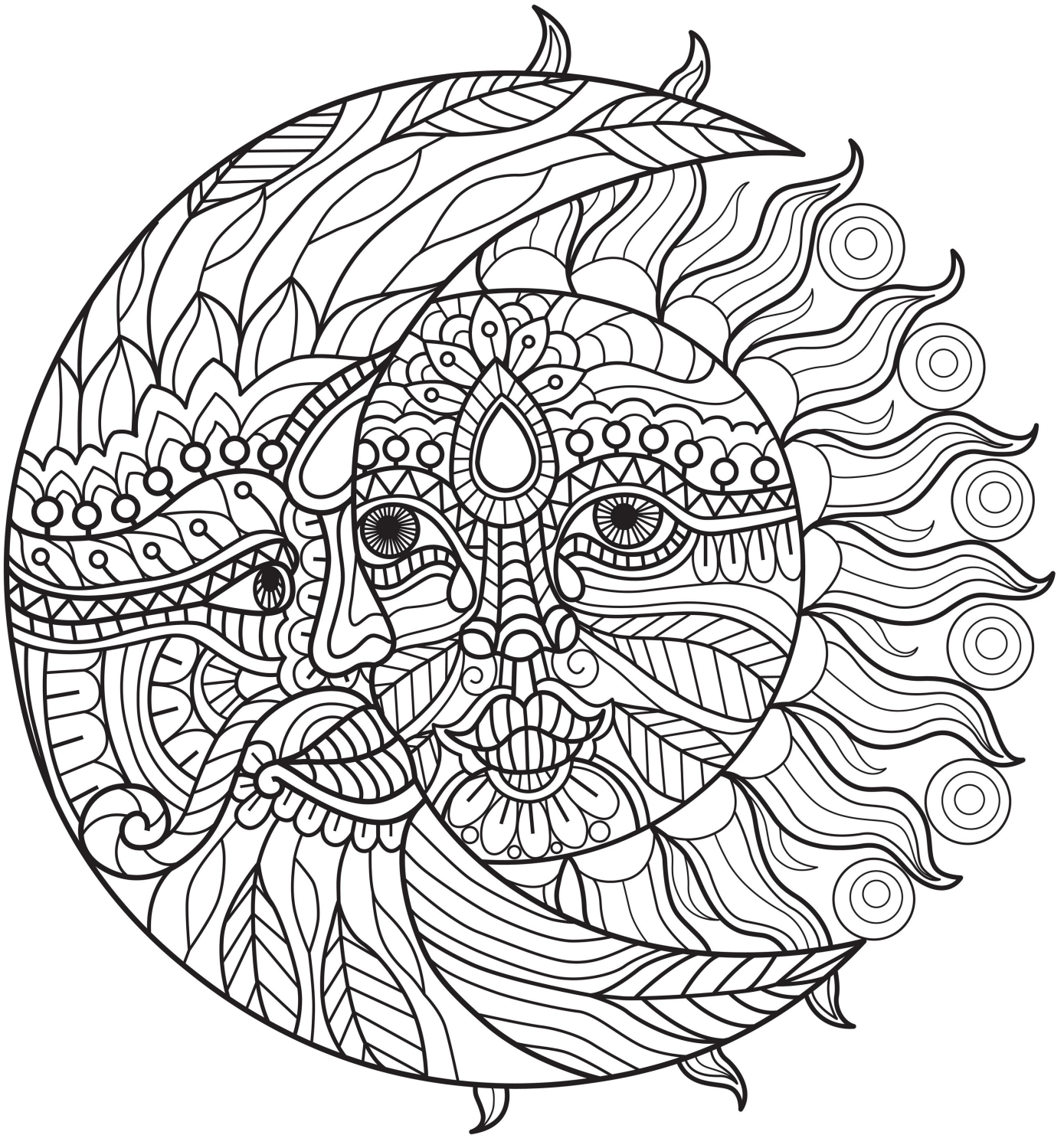
What are some ways I can bring more self care to my evenings?



*What's one thing that made me
smile today?*



What do I need to process from my day?



I HOPE THIS PEACEFUL EVENING
JOURNAL HAS HELPED YOU TO END YOUR
DAYS WITH PEACE, EASE, AND SELF
CARE.

BE SURE TO CHECK OUT OUR OTHER
TAKE ACTION RESOURCES!

XOXO

Coach Lori Anne



TAKE ACTION
ACADEMY
Community
with
COACH LORI ANNE

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OR

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