Morning reflection page

Two quiet minutes with coffee. How last night actually went, without judgment. Print a stack and keep them by the kettle.

Date _____ Phone cutoff planned _____ Phone cutoff actual _____

LAST NIGHT IN THREE CHECKBOXES

- ☐ The phone slept where I planned it to sleep.
- ☐ I did at least part of my wind-down.
- ☐ I fell asleep without a feed in my hand.

HOW IT FELT

Energy this morning (1 to 10) _____ Roughly how much sleep I got _____

If I scrolled: what was I looking for, honestly?

If I didn't: what made it easier than usual?

TONIGHT

One small thing I'll do differently tonight (smaller is better):

A NOTE ON STREAKS

A broken night isn't a broken streak of character. The pattern across two weeks matters more than any single night. Keep the pages, read them on Sunday, and adjust one thing at a time.

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