

7-Day Nighttime Anxiety Journal

A gentle, printable reflection worksheet for calmer evenings

How to use this journal

Set aside 5–10 minutes in the evening or the following morning. Record what you notice without judging yourself. You can skip any question that does not feel helpful.

Each daily page includes space to reflect on worries, caffeine, calming activities, and sleep. After seven days, look for patterns and small changes you might try.

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Educational self-reflection resource only. This journal is not a diagnostic tool or a substitute for professional medical or mental health care. If symptoms persist or interfere with daily life, seek appropriate professional advice.

Day 1 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____

Day 2 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____

Day 3 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____

Day 4 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____

Day 5 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____

Day 6 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____

Day 7 — Evening Reflection

There are no right or wrong answers. Brief notes are enough.

Date and approximate bedtime

How am I feeling tonight? (0 = calm, 10 = very anxious)

What thoughts or worries are on my mind?

What can wait until tomorrow?

Did I have caffeine today? If yes, when?

What calming activity did I try?

What did I notice about my sleep? (complete in the morning)

One kind thing I can tell myself

Small step for tomorrow: _____