

JOURNAL. COLOR. HEAL.

FREE  
DOWNLOAD

# Nightly Ritual

## Starter Pack

RELAX YOUR MIND IN 10 MINUTES  
Gratitude + Coloring Therapy

**2-IN-1 PAGE:**  
Gratitude Prompts  
+ Cozy Illustrations  
to Color

PRINT • REFLECT  
• RELAX



**SCIENCE-BACKED**  
Reduce stress and  
boost well-being



**EASY & GUIDED**  
Simple prompts  
for daily reflection



**MINDFUL & CREATIVE**  
Color, reflect and  
recharge



Small steps  
Big peace



HIGH-RESOLUTION PRINTABLE PDF (300 DPI)



JOURNAL. COLOR. HEAL.



# Why This Works

*Science Made Simple*

Modern stress keeps your brain in overdrive. This simple ritual works because it activates two powerful systems: **clarity** through reflection and **calm** through creativity.



## Gratitude Journaling = *Mental Clarity*

Writing your thoughts helps your brain slow down. It shifts activity from emotional overload to logical processing.

- Reduces overthinking
- Creates emotional clarity
- Helps you process your day



## Coloring = *Instant Calm*

Coloring gently shifts your focus away from stress. Your brain enters a calm, meditative state similar to mindfulness.

- Reduces anxiety instantly
- Activates "flow state"
- Feels effortless

Together, they create

# *balance*

♡ Think → Feel → Release ♡



In just 10 minutes, you can **reset your mind** before sleep.

# How to Use This Ritual

A simple 3-step ritual to calm your mind  
and end your day with **gratitude**.

STEP  
1



## Color for 10 minutes

Choose a cozy illustration  
and color without pressure.

Focus on the present moment  
and let your mind slow down.



STEP  
2



## Slow your breathing

Take a few deep breaths.  
Inhale peace, exhale stress.

Breathe in calm.  
Breathe out tension.



STEP  
3



## Write 3 things you're grateful for

Reflect on your day and write  
down three things that  
made it meaningful.

Gratitude trains your mind  
to see the good.



Just 10 minutes each night can  
*reset your mind*  
and help you sleep better.



REFLECT

APPRECIATE

COLOR

RELAX

# Gratitude & Coloring

REFLECT. APPRECIATE. COLOR. RELAX.

Today I feel grateful for:



- 1 .....
- 2 .....
- 3 .....

What made today meaningful?



.....  
.....  
.....

One small moment  
I want to remember:



.....



You are enough.  
You did your best.



# Gratitude & Coloring

REFLECT. APPRECIATE. COLOR. RELAX.

Today I feel grateful for:

- 1 .....
- 2 .....
- 3 .....

What made today meaningful?

.....


.....

.....

One small moment  
I want to remember:

.....

.....

 You are enough.  
You did your best.



♡ 2-IN-1 PAGE ♡

# Gratitude & Coloring

REFLECT. APPRECIATE. COLOR. RELAX.

Today I feel grateful for:

- ① .....
- ② .....
- ③ .....

What made today meaningful?

.....

.....

.....

One small moment  
I want to remember:

.....

☾ ✨  
You are enough.  
You did your best.  
♡



♡ TAKE A DEEP BREATH. SLOW DOWN. YOU'RE DOING GREAT. ♡

♡ MINI HABIT ♡

# Small Habit, Big Change

A LITTLE EACH NIGHT LEADS TO A CALMER YOU.



**Just 10 Minutes  
Each Night**

You don't need more time.  
You just need a small habit.

1



**Write  
3 things**

Focus on the good  
and clear your mind.

2



**Color  
for calm**

Let go of stress  
and relax.

3



**End your day  
with gratitude**

Sleep better.  
Wake up lighter.



— ♡ MY 7-DAY MINI HABIT TRACKER ♡ —

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



Tiny steps create big transformation.  
*Be proud of showing up for yourself.*

