
End of day reflection

The warm, wise friend

The focus here is less on what went wrong, or what you're grateful for. Instead, imagine that you are a warm, wise friend who has spent the day observing the day-to-day you.

From the warm, wise friend's point of view, ask:

- 1 **"What did I notice about how this person (you) navigated today?"** Not judging performance, just observing, with curiosity, what the day-to-day you did.
- 2 **"What was hard for them today?"** Acknowledging struggles without trying to fix or minimise them: just noticing them.
- 3 **"What would I want to say to them right now?"** Often this might be something kind or compassionate that you'd never say to yourself.

The key is really embodying that external, compassionate observer, rather than staying in your own self-critical headspace. You might find that this creates just enough psychological distance to reach genuine self-compassion, without it feeling forced or artificial.

You can also end with: **"What does this person need to hear as they go to sleep?"** This often brings surprisingly gentle insights.

For example

After a long day, when a meeting went badly and you were short with someone at home:

- "I noticed they kept going all day, even when they were tired, and they tried hard in that meeting."
- "It was hard when the meeting didn't go well. They felt embarrassed, and then snappy."
- "You did your best with a lot on. One sharp moment doesn't undo all the care you show."
- As they go to sleep: "You can rest now. Tomorrow can look after itself."

Tonight

I noticed _____

It was hard when _____

I want to say _____

As you go to sleep _____