



CANDELINE

THE EVENING RITUAL · PRINTABLE SHEET

The evening mini-ritual

Five minutes, this evening, to set down what weighs on you, then gather what was good.

Tonight,

Release

set down what weighs on you

Empty your head onto the page. What keeps turning, what upset you, what is left unfinished, set it down here without sorting it.

Savor

gather what was good

Look for the gentle moments of the day, even the smallest ones, and keep them by writing them down.



Find the Veillée journal and the book The Evening Ritual on

candeline.fr @candeline.fr