

NIGHTLIGHTS

A Simple Evening Reflection Practice

NightLights is a simple traffic light system for evening reflection. In just 5 minutes after you finish work or before bed, you'll notice when fear drove your actions today, set an intention for tomorrow, and end with gratitude.

OVERVIEW

Red – Reflect: When did I operate from my old fear-based self?

Yellow – Yes to Tomorrow: What do I want to say YES to tomorrow?

Green – Gratitude: What am I grateful for today?

WHY IT WORKS

This practice builds awareness without judgment. Noticing fear patterns helps you choose freedom tomorrow. Setting intentions before sleep primes positive change. Ending with gratitude shifts your focus from problems to possibilities, promoting better sleep and emotional wellbeing.

THE PRACTICE

RED – REFLECT

Notice moments when fear was driving you today:

- Getting defensive or angry
- Endless scrolling or numbing out
- Harsh self-criticism
- People-pleasing when you meant no
- Avoiding something important

Simply acknowledge: "Ah yes, when I snapped at my partner, that was fear." No analysis needed – just gentle awareness.

YELLOW – YES TO TOMORROW

Based on today's reflection, choose ONE specific intention that can help you operate out of your free-self:

- I'll pause and breathe before responding when triggered
- I'll do morning rituals before checking my phone
- I'll take a real lunch break
- I'll speak up about my idea in the meeting

Keep it simple and actionable – one small yes to your growth.

GREEN – GRATITUDE

Name 3 things you're grateful for:

Self: Something you did well or a quality you showed
"I handled that difficult call with courage"

Others: People who supported or connected with you
"My colleague's help with the project"

Life: Experiences or circumstances you appreciate
"The sunset on my evening walk"

EXAMPLES

Example 1:

Red: "Got defensive during feedback – fear of not being good enough"

Yellow: "Tomorrow I'll listen fully before responding to feedback"

Green: "My persistence today, partner's patience, cozy evening"

Example 2:

Red: "Scrolled for an hour avoiding budget work"

Yellow: "Tomorrow: 30 minutes on budget before any social media"

Green: "Eventually got work done, sister's funny text, this warm bed"

MAKING IT WORK

Keep it under 5 minutes – even 2 minutes counts.

Be gentle – noticing fear with compassion.

Stay specific – "meditate 5 minutes" beats "be better".

Write, speak aloud, or do it mentally – your choice.

Consistency matters more than perfection.

Awareness is your gateway to choosing freedom.