# The Evening Review

> *"What bad habit of yours have you cured to-day? what vice have you checked? in what respect are you better?"*
>
> Seneca, On Anger 3.36, quoting Sextius (tr. Stewart)

**Answer plainly, as if writing a report rather than a verdict. Seneca's point was that a review is information, not punishment. Whatever you find, the next step is a small adjustment tomorrow.**

Date: _____ Strongest urge today: _____ / 10 ☐ Alcohol-free today

## What did I handle well today?

## Where did I fall short, and what was going on at the time?

## What will I do differently tomorrow?

Date: _____ Strongest urge today: _____ / 10 ☐ Alcohol-free today

## What did I handle well today?

## Where did I fall short, and what was going on at the time?

## What will I do differently tomorrow?



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