



# **The 3 Minute 3-2-1 Journal**

## **A Nightly Reflection Journal Using The 3Rs Framework**

Our minds dislike unfinished business. When experiences or tasks remain unprocessed, they linger in the background like open tabs, quietly draining focus and energy.

Taking a few moments each evening to reflect helps close those loops. By naming what matters, acknowledging what's done, learned, or still in motion, we give our brains permission to rest.

Reflection transforms mental clutter into clarity—it's how we tell ourselves, "It's captured, we're good."

The result is less late-night overthinking and a calmer, clearer start to the next day, where attention and energy can flow toward what truly matters instead of what's unresolved.

This short nightly ritual helps you capture what matters, let go of what doesn't, and prime tomorrow for clarity and calm.

### **Goal**

**Close your mental tabs. Celebrate what went right. Give tomorrow a single direction.**

**That's it. No perfection, no long writing, no fancy apps needed.**

### **How to Use It**

**Take three minutes to reflect your 3-2-1.**

**Miss a night? No guilt. The benefit is in restarting.**

### **The 3Rs Framework Flows Inside The 3-2-1**

Using the **3Rs** Framework helps ADHD and fast-moving minds integrate the day, calm racing thoughts, and reclaim focus.

Each night you **Recognise** what worked, **Reconcile** what didn't, and **Reframe** what's next, closing the day with self-trust instead of self-critique.

#### **1 Recognise – 3 Wins**

Notice three things that went right today, no matter how small. Recognition fuels healthy dopamine and reminds you that progress is happening even on messy days.

"I recognised moments of movement, connection, or follow-through."

Examples: sent that message · walked after lunch · paused before reacting.

#### **2 Reconcile – 2 Lessons**

Name two lessons from the day—what you learned, what you'd change, or what needs compassion. Reconciliation is how you release friction without shame.

"I reconciled what didn't go to plan with understanding."

Examples: meetings drained me. Skipped meals = brain fog. Music helped me focus.

#### **3 Reframe – 1 Intention**

Choose one gentle, specific intention for tomorrow. Reframing turns reflection into forward motion.

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“I reframed today’s insight into a conscious choice for tomorrow.”

Examples: Start with coffee & 10 minutes of silence. Finish reading one page before checking phone.

## Evening Reflection

### 3 Wins →

Recognise

Notice what went right today, however small. Name the moments that mattered or simply made you smile.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

“I recognise progress, effort, and small acts of intention.”

### 2 Lessons →

Reconcile

Note what you learned, what drained you, or what needs compassion. This is not blame—it’s integration.

1. \_\_\_\_\_
2. \_\_\_\_\_

“I reconcile the day’s imperfections with understanding and self-trust.”

### 1 Intention →

Reframe

Choose one clear focus for tomorrow—a gentle reset that moves you forward.

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“I reframe insight into purposeful action for tomorrow.”