



night pages

for the thoughts that come after dark

some thoughts only visit at night.
when the world gets quiet and your mind gets loud.

this is a space for those late-hour wanderings—
the things you think about at 2am,
the feelings that surface in the dark.

no judgment. no fixing. just pages.



@ria.dms

NIGHT PAGE 1

date

time

what's keeping you awake?

let it out. no one's reading but you.

the night holds space for all of it

NIGHT PAGE 2

date

time

what do you wish you could say?

to someone. or to yourself.

the night holds space for all of it

NIGHT PAGE 3

date

time

what's heavy? what's hopeful?

both can be true.

the night holds space for all of it

MORNING AFTER

revisit in daylight

(optional)

how do you feel now?

what still feels true?

what can you let go of in the light?

night thoughts are valid, even if they look
different in the morning.
you made it through another night.