



# night pages

for the thoughts that come after dark

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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?

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what still feels true?

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what can you let go of in the light?

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night thoughts are valid, even if they look  
different in the morning.

you made it through another night.