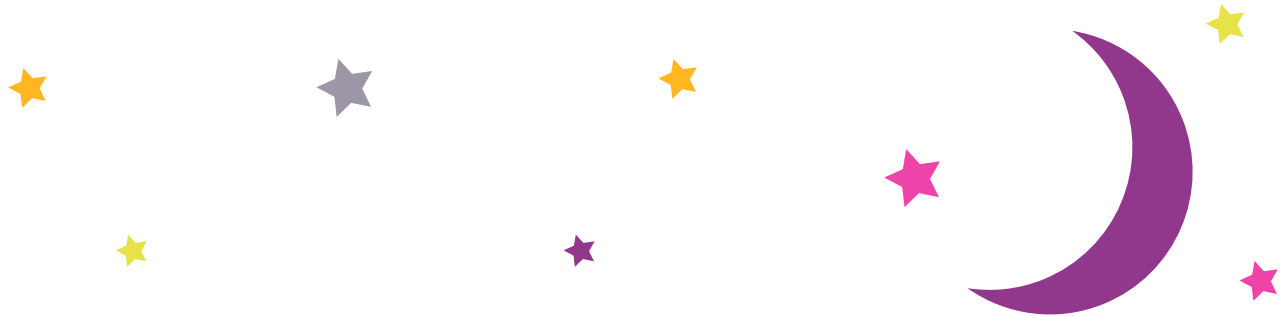


THE NIGHT BEFORE



Check off the techniques you'll try this week (choose 2-4 from list):

Tactic		
Unplug (no electronics)	<input type="checkbox"/>	<input type="checkbox"/>
Read	<input type="checkbox"/>	<input type="checkbox"/>
Bed 15 min earlier (gradual)	<input type="checkbox"/>	<input type="checkbox"/>
Aromatherapy/essential oils	<input type="checkbox"/>	<input type="checkbox"/>
Night time routine	<input type="checkbox"/>	<input type="checkbox"/>
Journal	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime alarm	<input type="checkbox"/>	<input type="checkbox"/>
No caffeine after 1 pm	<input type="checkbox"/>	<input type="checkbox"/>
Sleep mediation	<input type="checkbox"/>	<input type="checkbox"/>
No alcohol	<input type="checkbox"/>	<input type="checkbox"/>
Sunset light	<input type="checkbox"/>	<input type="checkbox"/>
Plan out workday clothes for next day (or the week!)	<input type="checkbox"/>	<input type="checkbox"/>
Remind yourself how good you feel to self-care in before 'start of day'	<input type="checkbox"/>	<input type="checkbox"/>

ACTION: Write on a sticky-note your AM tactic list and put on your bed-side table

MY BEDTIME ROUTINE

(use pencil to allow revisions)

	Activity	Time	Length	Notes
1				
2				
3				
4				
5				
6				
7				

Prioritizing good sleep is good self-love.



SISTERS
IN SHAPE