

POSITIVE PLANNER



Do you wake in the night because you feel overwhelmed by the things you have to do the next day? Or perhaps you play back the things that didn't go so well that day? Acknowledging these worries or plans before you go to sleep can set you up for a better slumber. Set aside 15 minutes, a couple of hours before bedtime, to positively plan for the day ahead and help ease you into the evening.

WHAT I DID TODAY	WHAT I NEED TO DO TOMORROW	HOW I'M GOING TO GET IT DONE