

SLEEP YOUR WAY TO SUCCESS

An intentional evening ritual will set you up for a great night of sleep. Think about what kind of evening would prepare you for your best sleep. What does it look like? Follow this five-step process to create an effective evening routine that works for you.

First, evaluate your current practice. Look back over the last week and write a list of what you do in the first hour of your evening in the order that you do it.

1. _____

2. _____

3. _____

4. _____

5. _____

Do your current activities set you up for a night of great sleep? If not, what needs to change, and what type of activities do you want to include?

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Now, write down a new routine. Make a new routine that will help you unwind to your best sleep. Include the things that will relax and calm you.

1. _____
2. _____
3. _____
4. _____
5. _____

Now it is time to put your new evening success ritual into action. Make a plan to start right away. Commit to your new ritual every day for the next 30 days and watch how it makes a difference in your life.