



EVENING CHECK IN

1

What was your overall mood or feeling today? Why?

2

What do you need to let go of or deal with tomorrow?

3

What did you accomplish and are proud of completing?

4

What 3 things are you grateful for today?

5

How did you practise self-love or self care today?

Set up for a Good nights sleep

Make sure that you create an environment that lets you get a good night sleep



Stay away from caffeine from 3pm onwards
Drink something to enhance a good nights sleep



When your alarm goes off, get straight up, don't press 'snooze'



So you don't forget your thoughts, keep a journal or notebook next to your bed. Think of a thought and write it down. Stops you thinking about it.



Reading or listening to nature sounds gets your mind ready for a good nights sleep



5 minutes of stretching can prepare your body for a deep, restful sleep

Create a sleep routine to allow yourself the time to unwind and get a good amount of sleep each night.



No phone or tech one hour prior to bed



Get up the same time every morning even on weekends.

