

## 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

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

nights sleep Stay away from Caffine Somethin Onwards





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.



5 minutes of

stretching

can prepare your body for a deep. restful sleep

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



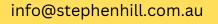
Create a sleep routine to allow yourself the time to unwind and get a good amount of sleep each night.



Get up the same time every morning even on weekends.







Stephen Hill - the happycoach.