

STRESS FREE SLEEP

 @BELIEVEPHQ

How many steps do you need to use? Find your level and commit fully to practising your routine.

3.



Against each item on the list, write down 1. When you can start taking some action, and 2. When you think the item will no longer be relevant



2.

Order the list of things on your mind so you know which thing seems most important, down to the least important



1.

Pen and paper. Before you get to your bedroom - listen to your thoughts and write down the main things on your mind

4.



With items that are able to be worked on tomorrow, put a time against when you're going to take some action and what the action will be like

5.



With the things that can't be actions tomorrow, put the date when you think you'll be able to start taking action

6.



Who's your support team? Against any of the items that involve other people, note what you want from them and how they're going to help

7.



Now you think you're head is sufficiently clear and you've got a good plan in place for tackling the contents of your mind, go off to bed for a well earned sleep

