

JOURNAL

NAME

**Welcome to the path to better sleep, recovery, athletic performance
and even weight loss!**

Our goal for you is that you unlock your potential through deeper, higher quality sleep.

Journaling is one method that allows us to process what happened throughout our day. Events that may cause negative thoughts or emotions can cloud our sleep.

When we journal about positive experiences that have happened in our day, we flip the script. Gratitude that we can have for the good things in our life, no matter how small, is very powerful.

Putting pen to paper is a physical act that requires a deeper level of mental and emotional processing than just thinking it in your head.

This can be done free flowingly, writing down what comes into your head, or using prompts and affirmations. Be creative.

This Challenge:

7 Day commitment

Prior to the start of the challenge, create your safe space for slumber.

Declutter: Get rid of stacks, put clothes away, make your bed, clear your surfaces of unnecessary items.

Set your bedtime and wake up schedule for the week.

Exercise: 30 minutes a day - any physical movement for the time period that will increase heart rate and cause you to break a sweat. Outside in the sunshine is the BEST!

Journal with 5 minute meditation: Set a timer for 5 minutes. Use prompts or free flow writing to add positive energy to the end of your day. If you have a hard time coming up with what to write, imagine you are writing a letter to someone, telling them the positive takeaways from your day. It could even be something that challenged you and you now know a better way to handle the situation or what you learned from it.

Once your timer goes off, put down your journal and reset the time for 5 minutes. Sit upright, against something or in a chair with back support. With your eyes open and a soft gaze at something in the room, inhale deeply through your nose and exhale out the mouth. Repeat 4 more times. On the last exhale, gently close your eyes and allow the breathing to return to normal. For the rest of the time allow the mind to be clear, noting if thoughts come up. Was it just a thought? Or did you feel - have a physical reaction to it? Either way just let that go and return to your breathing until the end of the 5 minutes.

Hydration: Drink water throughout the day. Cut back on alcohol or caffeine consumption, neither after 1pm. Sugary drinks fall under this category.

Bedtime Routine : this is specific to what relaxes you. BUT you must create a bed time and wake up time that allows for 7-9 hours of sleep. Set an alarm for when you need to turn the lights off and shut your eyes. Sleep varies for everyone. This challenge is only a week. Stick to your schedule.

Turn off digital devices at least 30 minutes before bed.

You could:

Stretch or meditate before bedtime

Take a shower or epsom salt bath.

Drink a sleepy time tea or calming drink, even just warm water with lemon.

Make sure your room is cool and dark. White noise, like from a fan, or a sleep machine can turn off those pesky sounds from outside your bedroom that may startle or cause you to wake up.

Essential Oils - Lavender behind the ears or in a diffuser calms the body and gets your ready for sleep.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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Habit Tracker

Journal Prompt Ideas

What was the best part of your day?

What are you looking forward to tomorrow?

What or who is something that you are grateful for?

What do you need to let go go to make tomorrow a better
Day?

Journal Affirmation Ideas

I am grateful for all that I have.

I am proud of what I accomplished today and I am excited to see what comes along tomorrow.

I am in a safe and protected place to sleep.

I am thankful for what my body has done for me today. My sleep will regenerate my muscles, bring oxygen to my cells and prepare me for what comes tomorrow.

Night 1

Night 2

Night 3

Night 4

Night 5

Night 6

Night 7

How I feel after a week of prioritizing my sleep and recovery: