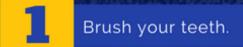
## HABITS to include in your ight Rout





Write down 5 things you are grateful for.



Make a top priority to-do list for the next day.





Keep a writing journal near your bed.



Keep an alarm.



Stick to your sleeping routine.



Keep your room free of gizmos and gadgets.



Have a good reading collection near your bed.



Keep your bedroom noise free.



No heavy meals, caffeine & snacks before bedtime.



Try calming essential oils if you have insomnia.

Try different techniques for better sleep.

Incorporate bedtime affirmations.



Try relaxing teas for better sleep.







Adjust your bedrooms lighting to your need.



Listen to a podcast.





Apologize or makeup with anyone if you need to.

Review your life goals.



Never sleep with your makeup on.

