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HABITS

to include in your

Night Routine

1

Brush your teeth.



2

Write down 5 things you are grateful for.



3

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



4

Let go of negativity you experienced in your day.



5

Keep a writing journal near your bed.



6

Keep an alarm.



7

Stick to your sleeping routine.



8

Keep your room free of gizmos and gadgets.



9

Have a good reading collection near your bed.



10

Keep your bedroom noise free.



11

No heavy meals, caffeine & snacks before bedtime.



12

Try calming essential oils if you have insomnia.



13

Try relaxing teas for better sleep.



14

Try different techniques for better sleep.



15

Adjust your bedrooms lighting to your need.



16

Incorporate bedtime affirmations.



17

Listen to a podcast.



18

Review your life goals.



19

Apologize or makeup with anyone if you need to.



20

Never sleep with your makeup on.

