

# Sweet Dreams Journal



# Welcome

Thank you for downloading the Sweet Dreams Journal!

A good night's sleep is one of the most important ways of taking care of your health and well-being.

- Do you go to sleep tired and wake up tired?
- Does your brain refuse to switch off?
- Are you waking up cranky?
- Are you gaining weight?



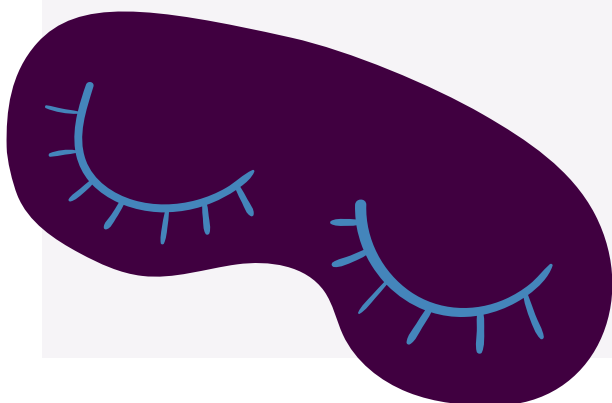
This Sleep Journal will help you record your progress and identify areas to work on to get a great nights sleep..

# *To get the most out of your Sleep Journal*

Work out your **Goals**

What results would you like to achieve? What will they look like?

Write down as many as you need to.



Choose 5 Goals from your list.

Choose the 5 that will have the greatest impact on your life. Work through your list slowly and as you resolve them you may find others fall away.

There's an extra page for you to write your goals to hang somewhere where you can read it every day.

**1**

**2**

**3**

**4**

**5**



# my GOALS

HANG ME SOMEWHERE YOU CAN SEE ME EVERYDAY

1

2

3

4

5



Write down how achieving these goals will impact your life and those around you.

How will it make you feel?

**1**

**2**

**3**

**4**

**5**



Write down specific **Actions** for each goal.

Writing down the steps for each your goal will help you achieve it.

You can then work these steps into your daily routine.

**1**

**2**

**3**

**4**

**5**



## Start your Glorious Sleep Journey

Have your goals visible as you go about your day.

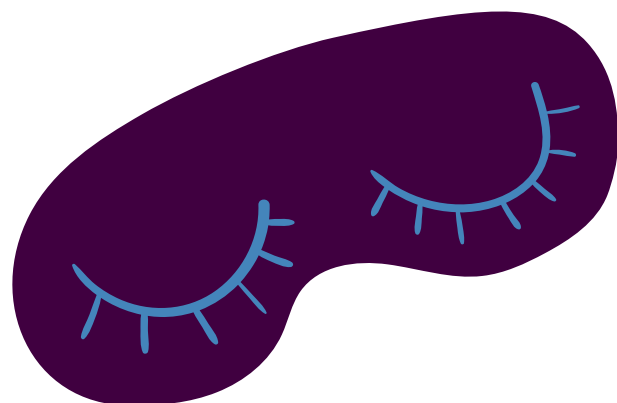
Read them everyday.

Re-write them once a week. This creates a signal that lets your brain know that they are important.

Update them as you go along.

Celebrate the wins. Come and join us in the [Glorious You](#) Facebook group and tell us all about your breakthroughs.

Having an accountability partner is a great way to help each other and have someone to give you a push when you need it.





# DAILY JOURNAL

YOUR THOUGHTS

SLEEP



HYDRATE



SLEEP GOALS

STEPS