



BEDTIME CHECKLIST

*You'll never change your life until you change something you do daily.
The secret to success is found in your daily routine.*

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- Set the Mood
 - Pamper Yourself
 - Plan and Visualize Your Day
 - Write in your Journal (Brain dump/ thought download)
 - Prepare for Tomorrow (meal prep, gym clothes, ect.)
 - Lunges, Crunches, Push-ups, Stretching
 - Lights Out 10:30