



# NIGHT NIGHT BUSY BRAIN



This worksheet will help you to

- clear your mind before sleep
- ditch negative thinking
- optimise your mind for a successful tomorrow

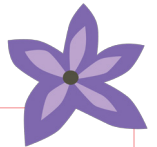
## HOW TO USE:

Click here for my super speedy video which will explain how this will help you:

<http://bit.ly/nightnightbusybrain>

- Print off this worksheet and set aside 10 minutes of distraction free time before bed.
- Answer the questions by writing your responses in the boxes provided.
- Put away your papers and prepare for sleep.
- Use your favorite relaxation strategy to get yourself in the zone for sleep.

## 1. LIST 5 THINGS THAT HAVE BEEN GOOD TODAY:



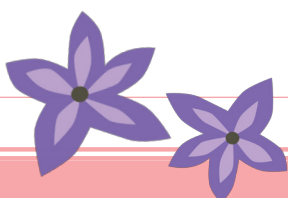
- 1.
- 2.
- 3.
- 4.
- 5.

## WHAT ELSE WAS GOOD?:



## 2. WHAT WORRIES OR STRESSORS ARE IN THE FOREFRONT OF YOUR MIND OR ALWAYS AT THE BACK OF YOUR MIND?

(These could be difficult people, stressful situations, things that happened in the past or things that might go wrong.) Now imagine all of your stressors or worries in front of you written on a whiteboard. Record them in the box:





3. NEXT IMAGINE FILING THESE STRESSORS OR WORRIES INTO TWO BOXES:

Things I can't do anything about:

Things I CAN do something about  
and need to make a plan for:

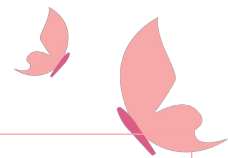
4. NEXT, DECIDE A SUITABLE TIME TO MAKE A PLAN TO DEAL WITH ALL OF THE STUFF IN BOX 2. (Hint, not now because you are going to sleep)

When:

Where:

What time:

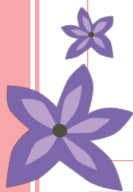
5. TO OPTIMISE YOUR BRAIN FOR SUCCESS TOMORROW ANSWER THE QUESTIONS BELOW:



How do I want to feel tomorrow:

What will I do to make sure I feel that way?

What do I need to do to make that happen?



6. NOW USE YOUR FAVOURITE RELAXATION TECHNIQUE TO GET YOU IN THE ZONE FOR SLEEP. NEED IDEAS?

Click here to access my video that will teach you 3 quick and easy relaxation strategies: <http://bit.ly/josiesaysrelax>

Repeat this process every night for 7 days and notice the difference!

