

CREATE YOUR OWN *bedtime routine*

1. WHAT IS YOUR CURRENT BED TIME?

2. WHAT STRESSES YOU OUT AT NIGHT?


3. WHAT MAKES YOUR MORNINGS DIFFICULT?

4. WHAT DO YOU NEED TO DO BEFORE BED? (AND HOW MUCH TIME DOES IT TAKE?)

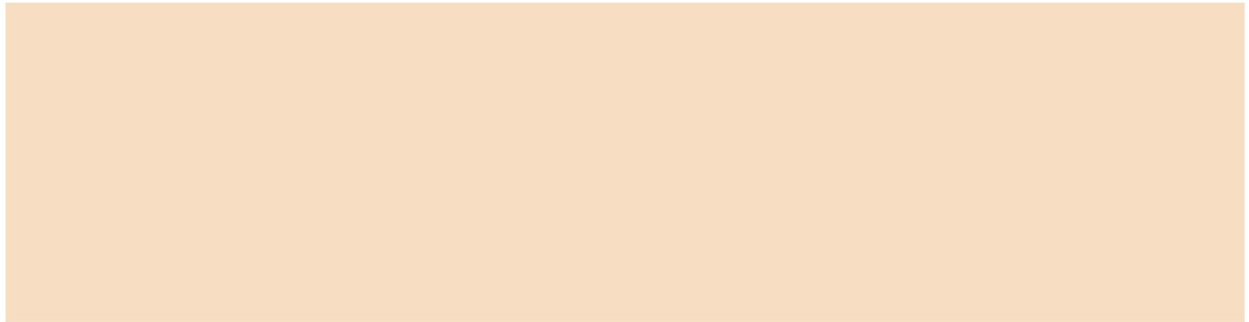
5. WHAT DO YOU WANT TO DO BEFORE BED? (AND HOW MUCH TIME DOES IT TAKE?)

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6. WHAT WOULD HELP YOU BE SUCCESSFUL IN THE MORNING?



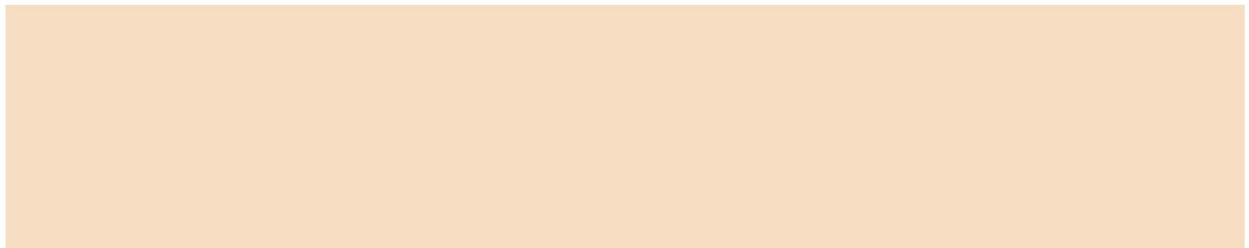
7. WHAT KEEPS YOU FROM A BEDTIME ROUTINE?



8. WHAT RESOURCES CAN YOU USE? (THINK TECHNOLOGY, BOOKS, ETC.)



9. CAN ANY TASKS BE MOVED TO ANOTHER TIME OF DAY?



10. WHAT IS YOUR IDEAL BED TIME AND WAKE UP TIME?



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TIME

TASK

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