

I am grateful for...



*Write about or draw images of what helps you get a good night's sleep.
You can make a similar page of your own in your gratitude journal or use the one above.
Cut it out and paste it in a journal or collect the pages in a binder.*

Sleep Journal Prompts

- What do I notice about my body and mindset as I use this week's graphic in my gratitude journal? Is there something that is surprising there?
- Is sleep something I usually express gratitude for? Why or why not?
- How does documenting my gratitude make me feel?
- How can I express my gratitude for the good things sleep does for me? How can I get a better night's sleep?

Sleep Tracker

Each night, try a new piece of a bedtime routine. Write that action on the left side. When you wake up, make a note whether it helped you or not. Build a permanent routine with the things that worked.
