

Sleep Diary

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Bedtime (time in bed)							
Time fell asleep							
Wake up time							
Sleep breaks							
Time in bed (not asleep)							
Time in bed (asleep)							
Sleep efficiency							

Time in bed asleep = sleep opportunity (the time in bed)

Time awake in bed = time to fall asleep *and* sleep breaks

Sleep efficiency = time in bed asleep / sleep opportunity

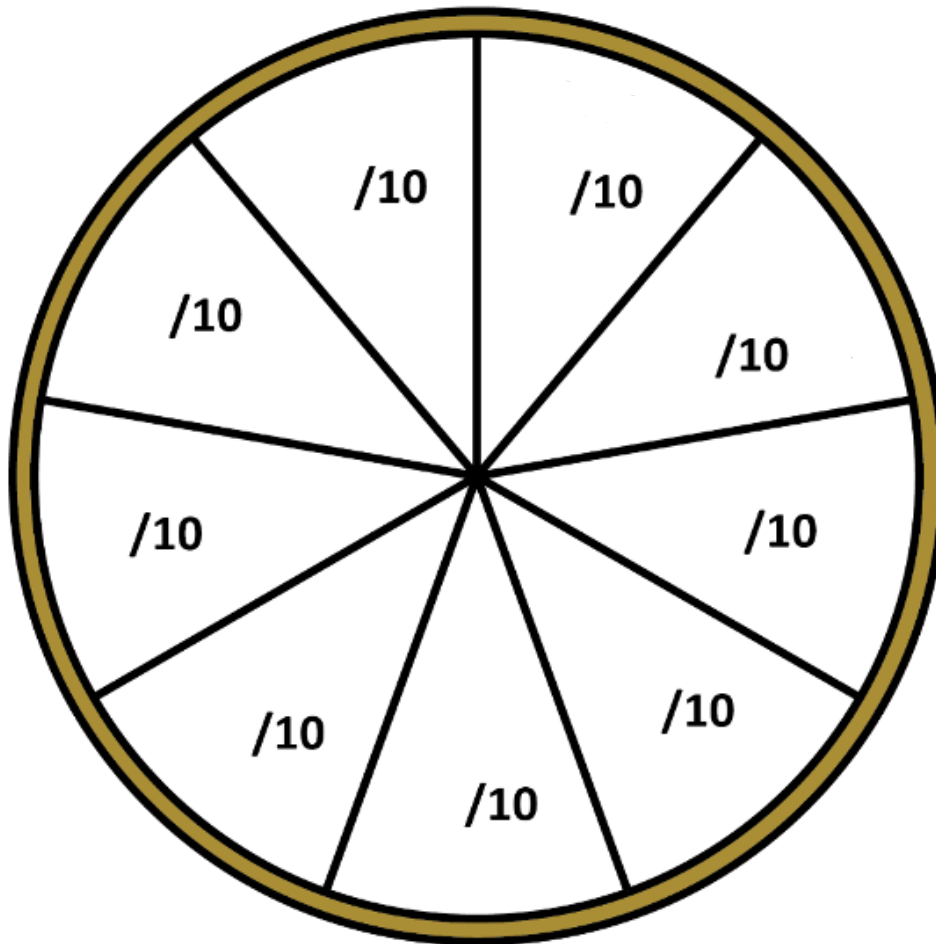
Lifestyle Diary

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Exercise							
Daytime naps							
Alcohol & caffeine							
Feelings							
Food & drink							
Medication / sleep aids							
Bedtime routine							
Bedtime							

What is helping your sleep?

What is hindering your sleep?

Wheel of Life



The wheel of life is a tool we use for measuring progress with our goals.

Here the wheel is split into 8 sections, but use as many as you need to (I advise between 6-8).

This could include sleep, bedtime routine, diet, exercise, energy, motivation, confidence, daily routine, family, friends, selfcare and personal development.

Affirmations

We use affirmations to instil healthy and positive beliefs in ourselves.

I am...

I am...

I am...

I am...

I am...

I am...

I am...

If it is hard to jump straight into a positive, try the middle ground:

I am WORKING ON believing...

I am GROWING IN...

I am STARTING to believe...

Gratitude

These are to help us tune in to what we have to be grateful for in life. Helping us focus on joys we have in front of us and cultivate healthy habits.

Today I am grateful for....

...people...

...events...

...items...

Little things that bring me joy are...

1.

2.

3.

The thing I like most about myself today is...

Weekly Planner

Mon	
Tue	
Wed	
Thur	
Fri	
Sat	
Sun	

Urgent | Important | Quick

Important Long Term Goals

Next Week

Daily Planner

Mood tracker		😊	😐	😞
Morning				
Afternoon				
Evening				

☾ ☾ ☾ ☾ ☾ ☾ ☾ ☾

Intention

Best thing about today

Roll over to tomorrow

Clocks Changing

	Bedtime	Rise Time	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
