

Good Night Guided Journal

PLANNED BEDTIME: _____ TODAY'S DATE: _____ S M T W T F S
PLANNED WAKE-UP TIME: _____

TODAY'S

HIGHLIGHT:

WRITE OUT TODAY'S AFFIRMATION

"I FALL ASLEEP PEACEFULLY AND WAKE UP REFRESHED."

EMOTION CHECKBOXES

JOY CALM TIRED ANXIOUS STRESSED

TODAY
I'M GRATEFUL FOR:

- _____
- _____
- _____
- _____
- _____

TOMORROW
MORNING GOALS

- _____
- _____
- _____
- _____
- _____

THOUGHTS:

Sleep Environment Checklist

- Room is quiet
- Lights are dim/off
- Phone is away from bed
- Bed is comfortable
- Air feels fresh