

1. Review your Day
 - a. What did you accomplish today?
 - b. What did you learn today?
 - c. What 1 thing do I need to improve on tomorrow?

2. Plan tomorrow
 - a. What are the top 3 things you want to accomplish tomorrow?
 - b. Block time on your calendar for those top 3 things

3. Journal
 - a. Write about your dreams and goals
 - b. What are you grateful for today?

4. Write down your big goals and read them to yourself

5. Visualize the greatest possible outcome as you fall asleep