

# Counting Sheep Week 4

It's a game changer!



## Preparation for the next day

How many days have you stepped out of bed feeling behind before you ever got started. You may think this has nothing to do with your sleep, but I challenge you to give this a shot. Preparing the night before for the following day allows you to lay your head down with your mind clear and ready to rest. Also, you won't wake up with anxiety as your first emotion. Give this a try for one week and see how it goes.

If your new to this concept and like the results of preparing the night before, try expanding this idea into preparing for the week. An example would be laying out an entire week of workout clothes, laying out your work clothes for the week, preparing lunches for the week, etc. Preparation is the key to a relaxed mind.

Consider teaching your kids this concept and it will serve them well for a lifetime.



## Ways to Prepare the Night Before

*If you are new at this, pick a couple of items to start with*

- Lay out clothes (include accessories, shoes, socks, and underwear)
  - Pack your lunch and snacks
- Lay your keys beside anything you have to remember to take with you
  - Lay out or pack workout clothes
- Pack work items and lay them beside the door
- Make your priority "To Do List" for the following day
- Help your kids lay out their clothes/school bags/sports gear
- Check bookbags/sign kids school forms/write any checks, lunch money/etc.



"BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL."  
~BENJAMIN FRANKLIN