

HOLISTIC NIGHTTIME RITUAL

Month: _____ Goal Sleep Time: _____

Focus	Ritual Activity	M	T	W	T	F	S	S
Environment	Dim lights / Digital sunset							
Body	Gentle stretching or Yoga							
Mind	Gratitude journaling							
Spirit	Meditation / Deep breathing							
Nourish	Herbal tea (Magnesium/Chamomile)							

Reflections & Observations