



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Sleep Like A Lady ~ Worksheet - March 2018

How well do you rate your sleep **quality** (out of 10)

1      2      3      4      5      6      7      8      9      10

How well do you rate your sleep **quantity** (out of 10)

1      2      3      4      5      6      7      8      9      10

What times in your life did you sleep especially **well**?

Why? What was going on for you?

What times in your life did you sleep especially **badly**?

Why? What was going on for you?

**What is your usual sleep routine?** What do you do every night without fail? (bear in mind this could be “scroll facebook in bed for 45 minutes” just as much as it is “have cup of herbal tea” – be honest now!)

**My usual bedtime routine:**

🕒 8.00pm

🕒 8.30pm

🕒 9.00pm

🕒 9.30pm

🕒 10.00pm

🕒 10.30pm

🕒 11.00pm

🌙 11.30pm

🌙 12.00am

**What is your sleep like at the weekend versus a weeknight? What are the similarities? What are the differences?**

*Good work sugarplum! We cannot transform that which we deny. Whatever your current sleep quality and quantity let's improve it this month. The challenges are super snappy, super actionable and super doable, so make sure you are checking into our private Facebook group each day: I'll see you there!*

*Louise*