



## Three Simple Steps to a Perfect Night's Sleep...

### The 30-Minute Habit!

Preparation: 30-minutes prior to your tuck-me-in time shut off all the electronic distractions in your home. The television, your smart phone, laptop, tablet—anything that distracts or makes noise must be silenced. Relaxing music is okay, the nightly news, or a last check of Facebook is not!

**Step 1) 10 Minutes Morning Prep** – On a blank piece of paper list your to do list for tomorrow. (It's okay to access an electronic calendar or to do list if that's how you roll.) Circle or highlight the first thing you need to accomplish.

Now place your list outside your bedroom in a place you're sure to find it in the morning. Close your eyes, breath in, breathe out, and relax. Now forget about the list. Take comfort knowing you'll start tomorrow with a roadmap to a successful day.

**Step 2) 10 Minutes to prep for bed** – Now's the time to get all the necessities taken care of before you hit the sack. Jammies, brush and floss, lay out tomorrow's clothes, and check the alarm clock.

**Step 3) 10 Minutes of Gratitude!** Step 3 is the anti-anger, anti-stress, anti-anxiety step—it will shift your focus from worried expectation to grateful appreciation.

Here's how it works...

On a blank sheet of paper, (I prefer 3x5 index cards) take 10 minutes writing and reflecting on the 10 things in your life you are grateful for today. You must write at least ten! Think about the people in your life, the roof over your head, health, friendships, work, your flower garden, pets—trust me, we all have at least ten things to be grateful for!

So grab a pen and give me ten, and even if the list is the same each night—do the rewrite! There's something about writing the list that creates magic.

Now, take your list and put it under your pillow. Fall asleep giving thanks for all the blessings in your life.

# BoomersKnowHow.com