



PHONE BEFORE BED REVIEW

What you do with your phone in the hour before sleep is quietly wrecking your rest.
Review it, own it, change it.

YOUR LAST PHONE USE

Trace back to the last time you opened your phone tonight.

Time I last used my phone tonight:

What I was doing on it:

How long I was on it for:

HOW IT AFFECTED YOU

Be honest about how you feel right now compared to nights you don't do this.

How using my phone before bed affected how I feel right now:

My sleep quality when I do this vs when I don't:

TOMORROW'S PLAN

One decision. Make it now while your head is clear.

What I will do instead of my phone tomorrow night:

What time I will put the phone away:

Growth lives on the other side of action.