



Quiet the Busy Brain Before Bed™

Give unfinished thoughts a place to land before you try to sleep.

1. Write it down.
2. Decide what belongs tomorrow.
3. Let the rest wait.



WHAT IS ON MY MIND?

Tasks, worries, reminders, ideas or anything I keep replaying:



FOR TOMORROW

What truly needs my attention next?

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THIS CAN WAIT

What does not need to be solved tonight?



A STEADYING THOUGHT FOR TONIGHT

What would I say to someone I care about in this same moment?



GENTLE REMINDER

Writing something down does not require you to solve it. Tonight, your only task is to make room for rest.