

PURE WILD

BEDTIME *Journal*



THE PURE WILD COMPANY

BEDTIME *Routine*

Use this space to brainstorm what you want to do each night to help set you up for sleep. For example, 5 minute stretch, brain dump, read a book, a cup of chamomile tea.

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BEDTIME *Journal*

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 DATE:

TODAY I FELT...

I'M GRATEFUL FOR...

THE BIGGEST CHALLENGES WERE...

MY BIGGEST WINS WERE...



★ MY GOALS FOR TOMORROW ARE... ★














..... **DREAMS & IDEAS**

BEDTIME *Journal*

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DREAMS & IDEAS

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..... **DREAMS & IDEAS**

BRAIN *Dumps*



DATE:

USE THIS SECTION TO GET EVERYTHING ON YOUR MIND OUT ON PAPER SO THAT YOU CAN TAKE THE PRESSURE OFF AND FEEL MORE PRESENT, MINDFUL AND IN CHARGE.



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BEDTIME *Journal*

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