

A Head That Will Not Quiet Down

For nights when your body is tired but your thoughts keep going.

WHEN TO USE THIS

Use this in the evening, before you get into bed.

Writing a thought down is not giving in to it. It is one way to set it outside your head for the night.

What has your mind been circling back to at night?

Sort those thoughts into two piles.

NOTHING TO DO TONIGHT

PUT ON TOMORROW'S LIST

What will you say to yourself tonight when the circling starts again?

Something short and true. You will not remember a speech at 1 a.m.

The thoughts may still come. They do not have to be answered before morning.