

Sleep After a Rough Day

A short page for the end of a hard day, before you try to sleep.

WHEN TO USE THIS

Use this tonight, sitting up, before you turn out the light.

What happened today that you are still carrying?

Put it down here - write it, scribble it, or draw it. It does not have to make sense.

What is one kind thing you can do for yourself in the next hour?

Today is finished. It does not need to be solved before you lie down.