

The Last Hour of the Day

Helps you plan the hour before bed instead of falling into it.

WHEN TO USE THIS

Use this in the afternoon or early evening, while the night is still ahead of you.

A wind-down does not have to be tea and soft music. It has to be something you would really do on a normal night.

What does your last hour before bed usually look like right now?

Plan tonight's last hour, one line at a time.

TIME	WHAT I WILL BE DOING

What will you do if the plan falls apart tonight?

A plan you keep half of is better than a perfect one you never start.