

Your Plan for Tonight

A one-page plan for the night ahead, made before you are tired and worn down.

WHEN TO USE THIS

Use this in the evening, while you can still think straight.

What time will you turn out the light tonight?

Three things you will do in the half hour before that.

1.

2.

3.

If you are still awake after a while, what will you do instead of lying there?

Get up, keep the light low, do something dull, go back when heavy.

Keep this by the bed. A plan made at 8 p.m. is worth more than one made at midnight.