

# AM & PM BOOKENDS

THE WORKBOOK



MOST PRECIOUS TIME

**AM**

⇒ DAILY MORNING ROUTINE? \_\_\_\_\_  
e.g. exercises? \_\_\_\_\_

⇒ NO 1 THING? \_\_\_\_\_



HOW DO YOU MAKE SURE TO USE YOUR BE-TIME?

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**PM**

⇒ EVENING ROUTINE? \_\_\_\_\_

WHAT DOES YOUR "SHUT DOWN COMPLETE" LOOK LIKE?

TURN OFF "BLUE LIGHT"

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YOUR BEST TIME TO GO TO SLEEP?

NOTE: THE NEXT MORNING STARTS WITH THE EVENING BEFORE

TIP: PLAN YOUR AM & PM BOOKENDS EACH DAY IN ADVANCE - TRYING TO MAKE THEM A ROUTINE.