



PLAN IT BEFORE YOU SLEEP



FOCUS

Knowing what you want to accomplish tomorrow is key to Masterpiece Day. Think through and focus on those important items you need to tackle.



BREATHE

Now that you know what you want to accomplish, breathe. Take a deep breath count to four, hold for four then release for four. During this time visualize your next day. See yourself accomplishing your masterpiece day.



WRITE

Now that you can see your masterpiece day, write it down in your journal. Take the time to detail as much of your vision as you can. It will bring clarity in the morning.

MAKE THIS A DAILY PRACTICE

TAKE CARE OF YOU

Taking the time to focus, breathe, and write it down helps you start the next day with clarity!

YOU MATTER