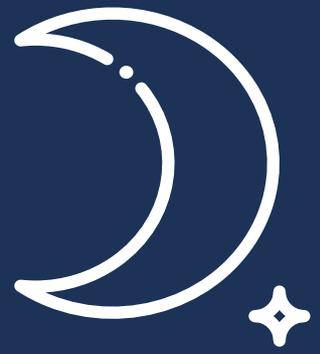




# How to reflect on your day



Reflecting on the shift you've just had, and thinking about what you have to do tomorrow can be a useful way to clear your mind before sleep.

Visit the Oscar Kilo website to download other guides in our Better Sleep toolkit: [www.oscarkilo.org.uk/family-life](http://www.oscarkilo.org.uk/family-life)

## Putting your day to rest

Here are some prompts to help you reflect on today and prioritise for tomorrow. There's no precise recipe for this exercise – it's just about getting the thoughts from your head down on the page, to bring some clarity and reduce the noise.

Put aside 10 - 20 minutes to scribble down a few bullet points, perhaps at the end of the day, after dinner, or before you start your wind down routine.

## Thinking about today

What went well? How did that make you feel?

Has anything troubled you? Why was it difficult?

What could you do differently next time?

## Thinking about tomorrow

What are you looking forward to, and why?

What's your number one priority?

Is there anything you're worried about? Focus on one worry you have that you can influence. Think of one thing you can do about it tomorrow – make a plan for what you'll do, and when.

