

SLEEPWALKING SOLUTIONS



WAKE UP CALLS

INSPIRATION RESOURCES	Books	Podcasts	Events
Family			
Faith			
Fun			
Fitness			
Food			
Finance			

MEDITATION

DAILY SESSIONS	Time	Place
1 Minute		
30 Minutes		
1 Hour		

MINDFUL MOMENTS

	Time/Place	Description and Desired Outcomes
[Activity 1 Name]		
[Activity 2 Name]		
[Activity 3 Name]		

GRATITUDE AFFIRMATION

Write Your Personal Gratitude Affirmation (eg The Serenity Prayer)