

Five Questions to Ask Yourself Before Bed



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Name: _____

Date: _____

Directions: Complete this questionnaire as part of your bedtime routine. Make sure there are no distractions (TV, phone, bright lights etc.) and that your mind is as clear as possible so you can focus on the questions below. Write your answers to the following questions to guide your thoughts towards the positive outcomes of your day.

FIVE QUESTIONS TO ASK YOURSELF BEFORE BED

1. What did I learn today about myself, or life?
2. What positive things (at least 3) happened for me today?
3. How did I help/serve/assist today?
4. What did I do today that moved me toward my goals/mission/purpose?
5. What will be my starting focus tomorrow?

Five Tips For Better Sleep



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Change your perspective by imagining that the snide remarks and cutting emails come from someone you trust and respect, and then noticing if the remarks are as snide or the emails as cutting. In addition to changing your perspective, try these steps to regain your power:

MAKE A CHOICE

Remember that you have a choice whether to take offense at what someone does or says. You can choose to get riled, you can choose to counterattack, or you can choose not to let their comments or actions upset you.

TAKE THE HIGHER GROUND

Not only do you not have to take offense to what is thrown your way, you can choose to not respond or even choose to respond with kindness, collegiality, and respect. Just because they play dirty doesn't mean you have to as well.

WATCH YOUR BACK

At the same time, you need to be careful that your nemesis is not actually hurting your team, your reputation, or your ability to do your job successfully. If you believe this person is truly out to get you, you need to make sure that you're not the only one aware of the situation.



EARN FROM YOUR "MISTAKES"

Just because you gave away your power once doesn't mean you have to do it again. Do some internal soul-searching to get a better read on why you react to this person in this way, or how you could have set up your relationship differently from the outset.

STOP IT BEFORE IT STARTS

If you watch yourself and your interactions with curiosity and an open mind, you can most likely notice when you start to give your power away to someone else, so that you can choose not to from the start.

