

Tip 8 – Plan the Next Day before you Go to Sleep





- Save time when you go through with the task or tasks



Utilizing lists is perhaps one of the oldest and best known tricks out there



- Before you go to sleep, do some brainstorming with a notebook and record each task you want to take care of the following day

Better Organization



- Seeing everything clearly written out before you makes it nearly impossible to become deterred from your goals

A Chance to Let your Mind Rest



- Writing a list before bed means that you won't be lying there all night, trying to make sure you remember each task for the following day

A Chance to Let your Mind Rest



- Putting it down on paper gets it off your mind where it can help you, instead of hinder you

A Defense Against Distractions



- Interruptions make you lose track of what you were doing

A Defense Against Distractions



- Keep the list from the night before handy to keep you in check and on task

An Encouraging Checklist



- Each time you check a goal off the list, you can feel empowered and extra energized to move on to the next one



Every time you complete an entire list, you feel more ready to tackle the next one

In Summary

● Tip 8 – Plan the Next Day before you Go to Sleep

1. Better Organization
2. A Chance to Let your Mind Rest
3. A Defense Against Distractions
4. An Encouraging Checklist