Pre-Bed Worry Dump

Write it down before bed so your brain can let it go. Do this one hour before sleep -- not in bed.

How to use: Sit somewhere other than your bed. Write every worry, task, or unresolved thought in the left column. In the right column, write one of three things: what you will do about it tomorrow, why it can wait, or that there is nothing to do and you are releasing it. Then close this sheet. The bed is not for problem-solving.

What's on my mind right now	What I'll do about it (or why it can wait / why I'm releasing it)

Before you close this sheet, write one sentence:

Example: "Everything I can act on is written down. The rest can wait until tomorrow."