
NOTEBOOK & ACTION PLANNER

Instructions to use:

1. Note down the main takeaways during the Section sessions. Aim for several notes per each Section.
2. Consider one or more ways how your findings can be directly and practically applied to your own life.
3. Write down when you intend to make the change.
4. Implement the change(s) and observe the improvements they have on your sleep.

Key Takeaway	Action Point	Implementation date

Feel free to print as many sheets of this planner as needed if you run out of space to write.