

Park your thoughts

We all know the myriad of thoughts that can emerge as soon as we set our minds free to reflect on the day. Reflection is healthy, but racing thoughts running in circles because you don't have the answer to them here and now are not. Write your thoughts, ideas and experiences down in a book. Decide to park them until the morning, when you wake up refreshed and rested.

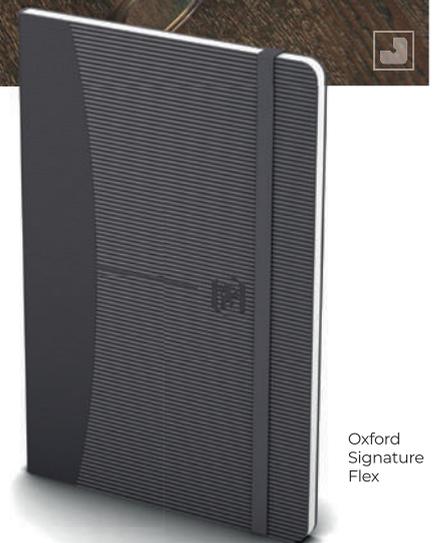
The quick one:

- Write keywords in a small pocketbook.

The diary:

- Describe your thoughts and ideas with highlighted words that quickly explain what they're about.
- Was it a good day or a bad day, and why? Can I make use of it/learn from it? Perhaps a mood symbol.
- What have I done to help others? (Good exercise to re-

- mind yourself that you are a good person)
- What do I want to do for others? (Positive thoughts give good sleep)
- Sleep well!



Oxford Signature Flex

>> **CLICK!**
to learn more:



Oxford Signature PocketJournal



Oxford Signature Flex

TIP!

Small formats don't take up much space on the bedside table, and are easy to bring with you. We recommend A6 for the quick version and A5 for the diary. Elastic closure safely keeps your notes together and indicates that the content is private.

WE RECOMMEND!

Signature is a series of personal notebooks with elastic closure and a pocket for storing loose documents. With SCRIBZEE®, you can easily share your plans.





Preparation

Knowing what was the actual reason for a good sleep can be difficult to remember. Was it drinking a glass of water, airing the room, writing down your thoughts, shaking the duvet, turning off the TV and screens that did it?

Write down your advice for yourself in a tracker/form – it can be a great tool for making yourself aware of what is good for you.

- Note the tips you know in a weekly schedule.
- Every day, check the things you have done to prepare yourself for a good night's sleep.
- At the bottom of the table, create log line where you can rate your sleep with points or symbols.



Oxford Signature Dot

>> **CLICK!**
- to learn more:



Oxford Signature



Oxford Signature Flex

TIP!

Practice makes perfect – once you have done it for a few weeks, you can make a monthly schedule instead of a weekly schedule. Does a pattern emerge, telling you what works for you?

WE RECOMMEND!

Dot/point lineation is perfect for creating schedules, signs and notes in one notebook. The small dots guide you without being dominating.

