



Worksheet Week 3

1. Empowering questions. List your questions you will consider this week instead of checking email in the morning.


2. Mindset. Do you have a fixed or growth mindset? Name one person with a fixed mindset in your life, and one person with a growth mindset.


3. What are some of the ways that you could “put the baby to bed” to optimize your nightly adrenal conversation? Name 3.

First, I will...
Second, I commit to...
Finally, I can do this to improve my sleep...