

# DAILY CHECKLIST - TO HELP AID A GOOD NIGHT'S SLEEP

DAILY WATER INTAKE: TICK EACH DROP PER 8OZ GLASS OF WATER



## IN THE MORNING

- Diffuse 4-6 drops of a calming oil
- Add a drop of a calming oil to the palm of your hands, rub together and cup over your mouth and nose. Inhale and exhale deeply for 5 seconds at a time for a minute

## AT LUNCH TIME

- Diffuse 4-6 drops of a calming oil
- Add a drop of a calming oil to the palm of your hands, rub together and cup over your mouth and nose. Inhale and exhale deeply for 5 seconds at a time for a minute

## AT DINNER TIME

- Diffuse 4-6 drops of a calming oil
- Add a drop of a calming oil to the palm of your hands, rub together and cup over your mouth and nose. Inhale and exhale deeply for 5 seconds at a time for a minute

## BEFORE BED

- Take 2 Serenity Soft Gels 30 minutes before bedtime
- Rub a sleep blend roller bottle or a few drops of a calming oil on the bottom of your feet and big toe
- Rub a calming oil on your temples, back of neck, under ears and wrists
- Diffuse 4-6 drops of a calming oil in your bedroom

## ADDITIONAL NOTES

- Add 10 drops of a calming oil to 1 cup of Epsom Salts and sprinkle in a warm bath
- Go for a 30 minute brisk walk during the day
- Turn of technology/tv 2 hours before bedtime
- Take Lifelong Vitality Supplements at breakfast and lunch time with food
- Try to eat as much plant based whole food as possible and reduce sugar and caffeine
- Keep bedroom dark, cool and decluttered

**YOU'LL NEVER CHANGE YOUR LIFE UNTIL YOU CHANGE SOMETHING YOU DO DAILY. THE SECRET OF YOUR SUCCESS IS FOUND IN YOUR DAILY ROUTINE. JOHN C. MAXWELL**