

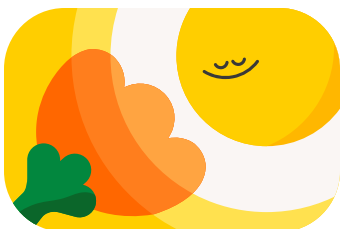
Pre-Sleep Gratitude Checklist

When it comes to bedtime rituals, practicing gratitude might be more effective than sipping tea and fluffing your pillows.

Surprising science suggests that gratitude promotes physiologically restorative behaviors: primarily, better sleep. This is chiefly because practicing gratitude helps us focus on the positive rather than the negative, eliminating those midnight worries.

These “gratitude checklist” questions are useful for journaling –an excellent mindfulness practice as you wind down your day.

- What are three or more aspects of your personality that make you proud?
- What is the most beautiful moment you experienced today? How did it make you feel?
- Identify a one-word wish for tomorrow. How would it change your day if your wish came true?
- Think about someone who brings you joy. Write down and explore the wonderful qualities they display.
- What are you looking forward to most tomorrow? What makes you grateful for this opportunity?



If you need a little more prompting, allow the [10-minute Showing Gratitude meditation](#) in the Headspace app to be your at-hand helper.