



***Sherunda's,  
5 Step Night Routine for a  
Productive Tomorrow***







## ***Hello, Business Minded People!***

I am Sherunda, your business trainer in success! I am so happy you chose to get this freebie today. Implementing these 5 steps to your current lifestyle will help you create a sustainable night time routine, that will positively impact your next day! Get ready for increased energy, more clarity in your daily tasks, improved attitude and greater productivity in the days to follow! If you are ready to experience all that *and more*, keep reading for 5 action steps you can implement TONIGHT for a more productive TOMORROW.



# Sherunda's

## 5 Step Night Routine for a Productive Day



1

### Set a specific bedtime

In order to create a sustainable routine, you have to set parameters. Decide what is your absolute time when you will be in bed. If warranted, tell your family and prepare them for the changes in the routine. Incrementally change your bedtime.

2

### Put the phone down

Using your phone right before bed can lead to difficulty falling asleep and also spending time scrolling vs actually sleeping. Put your phone down at least 30-40 minutes before your set bedtime.

3

### Write plans for tomorrow

Before bed jot down 3 must goals for the next day. Then jot down two maybe goals. Finally, determine what actions you will take in the next day to accomplish each of these goals. Also, set out your clothes for the next day and decide what your meals will be. Take the anxiety and stress out of necessary life tasks.

4

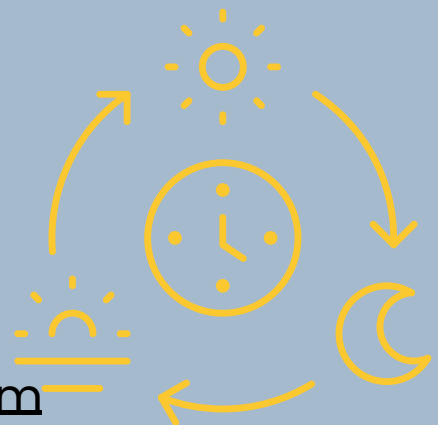
### Set the scene

Dim the lights around you as you do your bathroom night time tasks. Before brushing your teeth, sip on decaffeinated tea. Begin to speak in quiet tones. Physically slow your pace down and even turn on ambient sounds or calming playlist. Do some stretches before bed.

5

### The final unwind

Get into bed. Practice mindfulness and reflect on the day. Be grateful for the good and think on how you can learn from the bad. Spend time reading the Bible or other book for a few moments.







## ***Happy to Meet you***

## ***Let's connect.***

I am Sherunda, your business trainer in success!

I am one half of Laraun & Sherunda and we have over 20 years of combined entrepreneurial experience. We are here to help your business grow via our services.

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