



THE RIGHT MORNING CHECKLIST

1. Get enough sleep (wake up at _____)
2. Do not oversleep (wake up no later than _____)
3. Start your day with a shower
4. Start your day with music
5. Do not watch TV or read a newspaper
6. Exercise
7. Eat a balanced breakfast
8. Do not make email your morning priority
9. Practice positive thinking
10. Enjoy some intimacy with your partner in the morning
11. Hang an inspiring morning picture in front of your bed



THE RIGHT NIGHT CHECKLIST

1. Go to bed at reasonable time (at _____)
2. Finish all your work and all your big projects at least 2 hours before you go to bed (at _____)
3. Do not eat heavy meals before you go to bed
4. Have a walk or exercise a little bit 1-2 hours before you go to bed
5. Reconcile with whoever you argued with today
6. Do not watch TV
7. Take a nice hot shower or a bath
8. Read a book or a magazine
9. Go to bed before your “second wind” point
10. Think about something positive and something that you are thankful for
11. Enjoy some thrilling romantic time with your partner