

# DISCOVER

# DREAM

# DESIGN

# DELIVER

What is going well?

What else might be possible?

What would that look like?

What will you do to get there?

ex: 'going' to bed by 10 pm, me time, desire to sleep!

asleep by 11 and stay asleep

Lights out by 10:30, read instead of phone apps, relaxation & deep breathing,

Arrange my time so there are no distractions after 9 pm, quiet household, relaxation routine