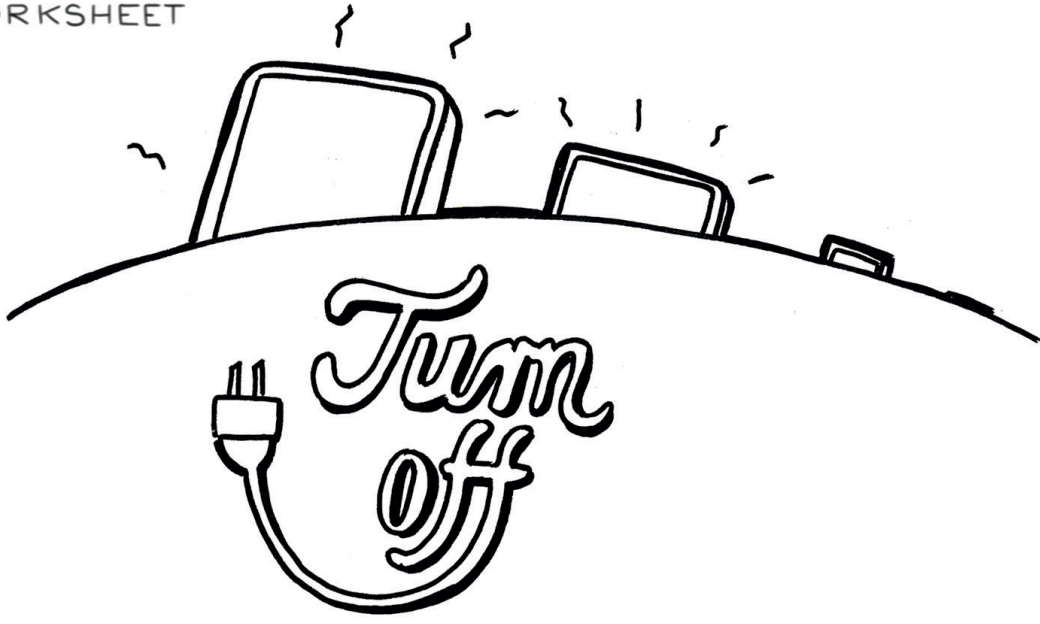





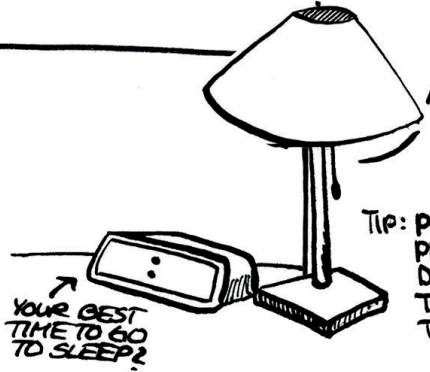
# DIGITAL SUNSET

THE WORKSHEET



DEVICE	HABIT ? WHAT'S YOUR HABIT WITH IT 60-90 MIN BEFORE BED?	CHANGE ? HOW CAN YOU CHANGE IT AND SHIFT THE ACTIVITY ?
		
		
		

NOTE: THE NEXT MORNING STARTS WITH THE EVENING BEFORE



TIP: PLAN YOUR AM & PM BOOKENDS EACH DAY IN ADVANCE - TRYING TO MAKE THEM A ROUTINE.