

YOUR PERSONAL ACTION BOOK

Sleep Deep Again

Fix your nights so your days have something to run on.



Generated Jun 27, 2026 · 90-day horizon

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30 **Health.** Held a fixed bedtime and wake time for two weeks straight

Mind. Kept a daily 10-minute decompress ritual for two weeks

DAY 60 **Health.** Kept a screen-free wind-down every night for three weeks

Mind. Said no to or removed at least one commitment

DAY 90 **Health.** Sleeping through most nights and waking rested

Mind. Noticeably calmer on most days

MID-POINT CHECK-IN · AROUND DAY 45

Halfway through, take five minutes and answer these honestly:

1. **What's actually working?** Do more of it.
2. **What's not?** Shrink it until it's easy, or drop it.
3. **What's the one thing** you'll fix for the second half?

HEALTH

Sleep through the night and wake rested

Build a consistent wind-down and schedule so sleep gets deep and reliable.

THE CHALLENGE

I sleep badly and wake up tired

WHY IT MATTERS

Good sleep is the foundation under your mood, focus, and health.

HOW THE PLAN UNFOLDS

- Week 1** Do your first actions and start your keystone habits. The only goal this week is to begin.
- Weeks 2–4** Make the routine automatic and repeatable, working toward: Held a fixed bedtime and wake time for two weeks straight.
- Month 2–3** Turn the routine into a result you can point to, working toward: Sleeping through most nights and waking rested.

MILESTONES

- DAY 30** Held a fixed bedtime and wake time for two weeks straight
- DAY 60** Kept a screen-free wind-down every night for three weeks
- DAY 90** Sleeping through most nights and waking rested

KEYSTONE HABITS

Fixed bedtime

When the clock hits my wind-down time, I will start getting ready for bed.

Screen-free wind-down

30 minutes before bed, I will put screens away and read or stretch.

Brain dump

When my mind starts racing in bed, I will write tomorrow's worries on a notepad.

YOUR FIRST ACTIONS

Set a fixed sleep window

Pick a bedtime and wake time you can keep every day, weekends included.

Build a 30-minute wind-down

A fixed screen-free sequence that signals your body it's time to sleep.

Fix the bedroom

Make it dark, cool, and quiet, and charge your phone outside the room.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Fixed bedtime

Screen-free wind-down

Brain dump

IF-THEN PLAN

When I'm tempted to scroll in bed, **then** I leave the phone charging in another room.

When my mind won't switch off, **then** I write the thoughts down so my brain can let them go.

When my schedule slips on weekends, **then** I keep the same wake time and nap only if I must.

Lower the daily stress load

Build small recovery rituals so stress stops running the day.

THE CHALLENGE

Constantly stressed and overwhelmed

WHY IT MATTERS

A calmer baseline makes every decision and relationship easier.

HOW THE PLAN UNFOLDS

Week 1 Do your first actions and start your keystone habits. The only goal this week is to begin.

Weeks 2–4 Make the routine automatic and repeatable, working toward: Kept a daily 10-minute decompress ritual for two weeks.

Month 2–3 Turn the routine into a result you can point to, working toward: Noticeably calmer on most days.

MILESTONES

DAY 30 Kept a daily 10-minute decompress ritual for two weeks

DAY 60 Said no to or removed at least one commitment

DAY 90 Noticeably calmer on most days

KEYSTONE HABITS

Daily decompress

When I close my laptop for the day, I will take 10 minutes to decompress.

Breathing reset

When I feel my chest tighten, I will take five slow breaths.

YOUR FIRST ACTIONS

Pick a shutdown ritual
Choose a short fixed sequence that signals the workday is over.

Audit your commitments
List everything you've said yes to and pick one to drop.

Schedule real downtime

Block a recurring window that is purely for rest, not errands.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Daily decompress

Breathing reset

IF-THEN PLAN

When I keep checking messages, **then** I put my phone in another room during downtime.

When I'm tempted to say yes, **then** I say 'let me check and get back to you' instead of yes.

When stress builds with nowhere to go, **then** I take a 10-minute walk before reacting.