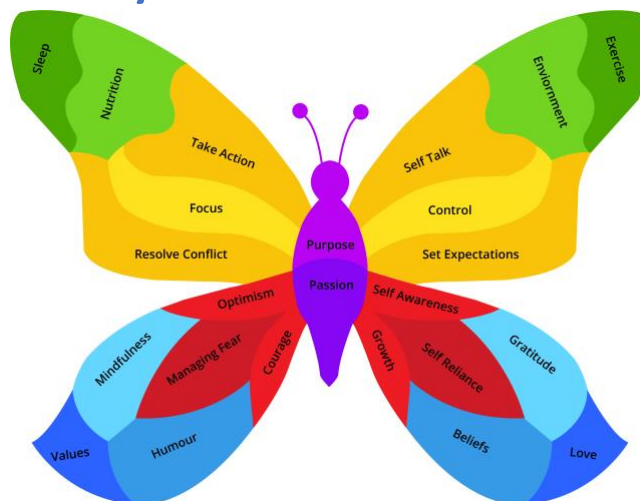


# Building a Resilient Mindset One Day at a Time

## Module One Physical Resilience



## Sleep Workbook

When we consider the stages of sleep and the mental and physical activities that occur during sleep, we start to become more respectful of the incredible power of sleep.

*“Sleep is the best meditation”. Dalai Lama*

When we have good sleep routines and are well rested and restored, it expands our capacity to withstand challenging life events, and our ability to deal with difficulties.

Take the quiz on sleep to determine how you are doing on this resilience building block and consider how you might make improvements.

Take the 30 day challenge.

**Exercise:**

**What change can you commit to and sustain for the next 30 days to improve your sleep?**

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**What difficulties do you foresee in doing this?**

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**How will you prevent these difficulties, or deal with them when they happen?**

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**What date will you start this challenge on?**

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**Who can support you and keep you accountable?**

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**What will you gain from improving your sleep?**

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