



START YOUR DAY RIGHT WORKBOOK

HOW TO GET A GREAT NIGHT'S SLEEP

Step-by-step insider secrets and mentoring questions to help you let go of your Monkey Mind's chatter and the day's stresses.

Drift off into a peaceful sleep with a happy heart.

Plus read right to the end to make sure you get your surprise bonus gift, to help you sleep soundly even after the proverbial day-from-hell. xx Clare



Do you ever struggle to get to sleep because your mind is racing from your day? Then the mentoring questions in this work book are just what you need.

Go through them, in turn, and let your answers bubble up, without judgement or editing, even if they sound slightly crazy - they're often the best ones!

Scribbling them down in a notebook or a gratitude journal helps you to let go, relax, and get a great night's sleep.

Often the reasons we struggle to sleep is because we are dosed-up on caffeine, sugar or adrenaline from a super-busy day. But it can also be down to your mind-chatter: the stories we tell ourselves about the day's dramas.

Learning how to release the stories and calm your body and mind are key to getting a great night's sleep.

Start by taking three deep sighing breaths, breathing in through your nose and out through your mouth with an 'ahh' sound.

This helps you to start letting go of tension and brings you back to this present moment.

Now open your notebook or journal and start to answer the questions on the next page:

Consciously write the story of your day

1. What went well today? What did I enjoy?
2. What didn't go so well? What could I learn from this?
3. Is there anything from today I need to let go of, which doesn't really 'belong' to me?
If you get a 'yes' on this, here's a technique you can use to release and let go, without fighting and 'getting rid': [Letting Go Of The Past](#)
4. Who helped me today? Who did I get to help?
5. What do I feel grateful for today?

Acknowledging what went well helps you to tame your Inner Critic and turn it into your biggest cheerleader.

Writing it down, for example in a gratitude journal, helps teach your unconscious mind to show you more things that are going well in your life, so you'll feel less stressed or worried.

Allow yourself to spend a full minute on this question. Think of three things. For the first one, allow yourself to become aware of the *feeling* of gratitude in your body, and the positive emotions that go with it. Allow this feeling to grow.

Now think of your second thing. Again, allow that feeling to grow.

And the third thing you feel grateful for, allowing that feeling to grow and expand and filter through every cell in your body.

Smile and thank yourself for taking the time to do this.



What's your story?

Want to deep-dive and discover how gratitude can help you to feel happier, one thought at a time?

Then you might want to treat yourself to *A Year Full Of Gratitude*

It's a year-long gratitude journal, with fortnightly techniques and affirmations, specially designed to make it easy for you to weave gratitude into your daily life, no matter how busy you are.

Get your copy today:

<http://amzn.to/2ikV3Ux>



Let your Gratitude Journal take you from grumpy to great, one day at a time.



And I've got a surprise gift for you:

A 23 minute deep relaxation MP3, for those nights when you feel too tense and wound-up to sleep.

This is normally £9.99, but it's yours, as my gift, to thank you for buying Start Your Day Right!

Here's where you can download it:

www.ClareJosa.com/startyourday/downloads/#relax



WANT MORE?

We're just scratching the surface with these techniques, even though I hope they have already been helpful for you. If you'd like to dive in and make sure you're building your business the 'right' way around, then make sure you've got the Dare To Dream Bigger Handbook.

www.DareToDreamBiggerHandbook.com

Everything that we do to get in our own way, we cover in the Handbook. In it, I share with you - unfiltered - the same techniques I share with my Mentoring Clients, my Masterminders and my Dare To Dream Bigger Academy members.

**Dare To Dream Bigger:
The 'Inside Work' Handbook For
Entrepreneurs & Passionate World-
Changers**

Is it time for you to step up to the next level, to Dare To Dream Bigger?

I'd love to share the journey with you.

With love, Namaste,

Clare x

Clare Josa, Mentor To Passionate World-Changers

www.clarejosa.com/work-with-clare-josa/