

The Philippians 4:8 Habit

(10 minutes per night)

1. Determine a routine you'd like.

To list three things that I have observed in my day that reflect one of the qualities in Philippians 4:8. I will describe what they made me feel like and why it made me feel that way.

2. Establish trigger.

I will place a piece of paper and a pen on my pillow and action the routine before going to sleep.

3. Reward yourself.

I will reward myself by having a good nights sleep.

4. Possible distractors that I will ignore.

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