



## WORKBOOK

1. Do you know that the main problem area is? EG: an early rising issue, child won't stay in bed, baby wakes throughout the night, feeding to sleep? Write it down here before you begin the session:

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2. List the five things that are most impacted by the lack of sleep your family is getting:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. What three words best describe the way you would feel if you were all sleeping through the night within the next 30 days?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. What three things will be most destructive to your family if things don't change?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

5. What five benefits would you get from having a personal coach to guide you through this?  
(during what now slide)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. What is the no1 thing that is stopping you from taking action right now?  
(time, money, fear)

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7. Take your answer to number 6 above and consider whether the value of resolving your family's sleep challenges is higher than the value you place on that blocker that's standing in your way?

Getting these things clear, out of your head and onto a page can really help you to discover your path to your goals. If you need more guidance, please do book in a call with us to talk things through before you book.