

I will increase the brightness of my days  
and the darkness of my nights this week.



PROGRAM:  
Fall Asleep Faster

one week. one change. no failure.

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**Instructions:**

These reminder cards are provided to serve as gentle reminders of your commitment for this week. To use them:

1. Print out this page.
2. Cut out the individual reminder cards.
3. Place them where you will see them throughout the week (in logical places for that skill). For example, put them in your silverware drawer for the healthy eating programs, taped to your computer monitor for the productivity programs, or propped up next to your toothbrush for the home exercise programs.

The success of many of the Vitality Skills programs depends on changing your habits. Often the task itself is not as difficult as remembering to do it. We hope these reminder cards can help you experience "success without suffering" in your quest to increase your health and vitality.