

## My Goals & Intentions Worksheet FOR SLEEP TRAINING

When I begin working with a client, this is my checklist I use for setting sleep training goals. Select all that apply for you and your baby:

- ☐ Falling asleep unassisted
- ☐ Sleeping through the night
- ☐ Sleeping through the night with 1 or 2 feedings
- ☐ Consistent nap schedule
- ☐ Longer naps

Next, I want you to imagine all of the things you will do with a full night's sleep. These could be things you used to do before baby, or things you want to start or try for the first time. These can be activities just for you, for you and your partner, you and baby, you and friends, etc. Set your intentions and focus on making them a reality! I've included a few examples to start you off.

Monthly date night  
Working out 2 times a week

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