

**I am** \_\_\_\_\_

- Courageous
- Creative
- Grateful
- Appreciative
- Graceful
- Purposeful
- Intentional
- Passionate
- Disciplined
- Consistent
- Open & Receptive
- Honest
- Congruent
- Clear & Focused
- Joyful
- Playful
- Always growing & learning
- Patient
- Flexible
- Self-accountable
- Self-empowering
- Visionary
- Loving
- Compassionate
- Teachable
- Committed
- Relaxed
- Calm
- Beautiful
- Authentic
- Kind
- Alert
- Resilient
- Wise
- Hopeful

### **Affirmations for Sleep**

- I release my day with ease
- I'm grateful for the beauty and love the fills my days
- I relax completely as today's details vaporize
- A wave of newness washes over me and I am clear, I am clean
- My mind relaxes completely. My thoughts slow down and cease.
- I am at peace
- Tomorrow will take care of itself.
- Tomorrow, all things are fresh and new.
- My body heals, repairs and regenerates as I sleep.
- I am surrounded by angels
- I am safe
- I relax into a peaceful sleep that is deeper and deeper with each breath
- I release my day deeper and deeper with each gentle breath
- I relax into the loving arms of the universe
- I sleep peacefully, deeply I am renewed
- Release - heal - release
- I am at peace, encircled about by love. I am safe