



BEFORE SLEEP



1. I did my best today,
and that's enough.
2. I choose to release all worries
and rest in peace.
3. My body is grateful for the rest
I'm giving it.
4. I welcome deep, healing sleep tonight.
5. Tomorrow is a new opportunity
to grow and shine.



IN THE MORNING

1. Today is a fresh start, full
of possibilities.
2. I am strong, capable, and ready
for what comes my way.
3. I choose to see the good in myself
and in others today.
4. I am grateful for this day and
the chance to live it fully.

