

15 NIGHT TIME AFFIRMATIONS

1. I AM CALM AND PEACEFUL
2. I'VE DONE MY BEST TODAY
3. I'M GRATEFUL FOR THIS DAY'S OPPORTUNITIES
4. MY MIND IS RESTFUL
5. I'M PROUD OF MYSELF
6. EVERYTHING I DID TODAY LEADS TO A BETTER TOMORROW
7. MY HEART IS GRATEFUL
8. MY HEART IS PURE
9. MY BODY IS RELAXED
10. I'M HAPPY WITH MY ACCOMPLISHMENTS
11. I'M PROUD OF MY EFFORTS
12. I'M SAFE
13. I'M FILLED WITH CONTENT
14. TOMORROW IS A NEW DAY FULL OF POSSIBILITY
15. I REJOICE IN WHAT I'VE LEARNED TODAY