



BEDTIME AFFIRMATIONS

→ Read these Bedtime Affirmations every night before bed, and **FEEL** the difference when you wake up!

FIRST: I have completed all of my tasks necessary to prepare myself for tomorrow, including setting everything out that I need for my Miracle Morning (book, journal, workout clothes, etc.). I know that my only objective right now is to calm my mind and fall asleep peacefully, so I am letting go of ALL stress and resting in gratitude.

SECOND: I've moved my alarm clock across the room so that I will have to get out of bed to turn it off, since it's much easier to stay awake once I'm already out of bed. I have decided what time I am committed to waking up and have clarity as to (specifically) what I will do when I wake up. I'm anticipating the morning with positive expectations and excitement (!) because I am well aware of the benefits that I'll receive by waking up and doing the SAVERS. TMM is enabling me to become the person I need to be to easily and consistently attract, create, and sustain the life that I truly want.

THIRD: I am going to bed tonight at ____ PM and waking up at ____ AM, which gives me ____ hours of sleep. This is PLENTY. I know that my thoughts influence my biology, and how I feel tomorrow morning is dependent on how I choose to feel. So, I choose to wake up feeling energized and inspired!

FOURTH: I am committed to waking up tomorrow morning at ____ AM because by doing so, I significantly increase the likelihood that I will achieve my goals this week, this month, this year, and for the rest of my life. I am committed to waking up on time tomorrow for my Miracle Morning because: **#1:** Doing so will enable me to develop the discipline I need to succeed in all areas, and **#2:** I know that how I start each day determines how I create my life, because my day is my life.

FINALLY: Regardless of how long it takes to fall asleep, what I dream about, how tired or overwhelmed I feel right now or when I wake up, I will energetically spring out of bed tomorrow morning at ____ AM to create the most extraordinary life I can imagine—the life that I deeply want, and truly deserve to live.

*I sign my name to this empowering affirmation
and commit to reading it every night before bed...*

Signature: _____ Date: _____