

Sleep Affirmations



FOR PEACE

- I am calm, serene, and relaxed.
- I inhale peace. I exhale worry.
- My heart is grateful and my mind is at peace.
- I surrender my stress, worry, and fear.
- I am connected, protected, and whole.
- I am safe, supported, and rooted in the present moment.
- I am at peace with all that happened today.
- I release this day and choose to focus on my inner world.
- I surrender and trust that everything is working out for my highest good.
- I allow peace to wash over me as I gently drift off to sleep.
- Nothing about this moment is a mistake.
- I peacefully let go of thoughts and emotions that do not serve me.
- I am peaceful. I am at ease. All is really well.
- Deep inner peace is my natural state.
- I surrender to peace.

Sleep Affirmations



FOR GRATITUDE

- Every cell of my body is aligned with gratitude and love.
- I am grateful for the breath that flows through my lungs.
- I love and appreciate this moment in my life, exactly as it is right now.
- I am truly thankful for all that I am and all that I have.
- Today has been a gift, and I accept it with love and gratitude.
- My heart is filled with love and gratitude for all the experiences I had today.
- I fall asleep with gratitude filling every cell of my being.
- I am deeply appreciative for all the miracles this day has brought to me.
- There are so many reasons to be grateful for this day. I choose to focus on my appreciation.
- I am grateful for my challenges and triumphs equally. All experiences help me to become a better version of myself.
- I am grateful for the lessons I learned today.
- I begin and end each day with a grateful heart.
- My grateful heart is a magnet for miracles.
- I am truly grateful for my beautiful life.
- I release my worries and allow gratitude to be my anchor as I peacefully fall asleep.

Sleep Affirmations



FOR MANIFESTATION

- Everything I did today is leading me to a better tomorrow.
- My life is a garden, and today, I planted the seeds for something beautiful to arise.
- I trust that everything is always working out perfectly for me.
- The Universe is always taking care of me.
- I trust that the Universe is supporting me in ways I can't even see.
- I expect miracles to greet me when I wake up.
- I release limits and boundaries. I embrace potential and possibilities.
- I feel calm and at peace knowing everything I desire is coming to me in perfect timing.
- Everything I desire is on its way to me right now.
- I surrender, let go, and trust that tomorrow will be more beautiful than I can imagine.
- I call in my heart's desires as I sleep.
- All that I need to live the life of my dreams is inside me.
- My heart is open to receiving blessings more beautiful than I can imagine.
- Even as I sleep, I am awakening to my true power.
- I trust, believe, and know that my dreams are coming true.