

Nighttime Affirmations

- Everything I did today is leading me to a better tomorrow.
- My body is relaxed, and my heart is at peace.
- I offered my very best self today.
- Today wasn't perfect, but it was beautiful.
- I release any worry or stress I felt today. I know that everything will be okay.
- When I choose to look for them, I can see how so many beautiful things happened for me today.
- I did my best today, and I'm proud of myself.
- I am grateful for every single experience I had today.
- Regardless of what I did or didn't do today, I know that my worthiness is not defined by my achievements.
- I can see how all experiences I had today brought me either joy or growth.
- I have faith that everything works out for my highest good.
- I'm proud of myself for listening to my inner knowing, even when I felt afraid.
- I feel calm. I feel peaceful. All is really well.
- I surrender to this present moment and release any worries I felt today.
- I'm grateful for all that I learned today.
- I inhale peace. I exhale worry.
- There are so many reasons to be grateful for this day. I choose to focus on my appreciation.
- I feel calm, relaxed, and at peace.

- Instead of wishing I could change the past, I focus on this present moment.
- I release worry and choose to trust.
- A lot happened today, but I choose to live fully in this moment right now.
- I know that good things are always happening for me.
- I have the power to control my thoughts.
- No matter what was left undone today, I know that I am always enough.
- I am enough. I have always been enough. And I will always be enough.
- I am exactly where I'm meant to be.
- Even when things didn't happen how I wanted, I know I'm on the right path.
- I feel relaxed. I feel whole. This is exactly where I'm meant to be.
- I am grateful for the hardships I experienced today because they allowed me to grow.
- I love myself fully now, just as I am, as I continue to grow.
- Everything is unfolding for me in perfect timing. I release worry and choose to trust.
- I know that tomorrow's going to be another really beautiful day.
- Everything that happened today is bringing me closer to my dreams.
- My life is really beautiful. I wouldn't change it for anything.
- I am grateful for every step of this journey and every second of my imperfect, messy, beautiful life.