

Bedtime Affirmations

Positive thoughts for a peaceful night
and a happy tomorrow.



1

I am
safe and
loved.



2

My
feelings
matter.



3

Tomorrow
is a new
day.



4

I am
brave, kind,
and strong.



5

My body
can rest
now.



6

I am
proud of
myself.



7

I am
surrounded
by love.



8

Sweet
dreams are
waiting for
me.



Remember:

- ♥ You are enough.
- ♥ You are doing your best.
- ♥ It's okay to take your time.
- ♥ You are amazing, just as you are.
- ♥ Good night, little one. Sleep tight!

