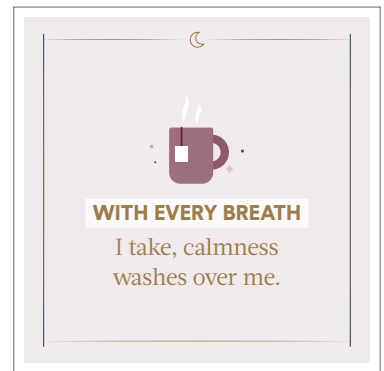
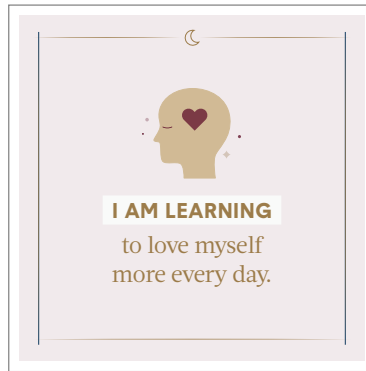
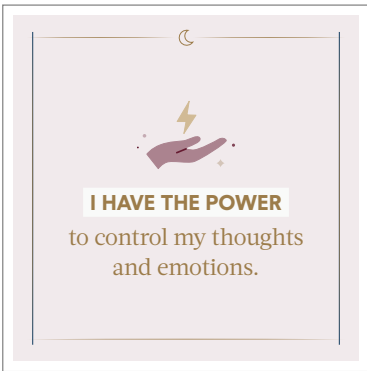




How to Get the Most Out of Your **AFFIRMATIONS**

Print full color on 8.5 X 11 paper to serve as a nightly reminder to say your sleep affirmations.

Art Preview





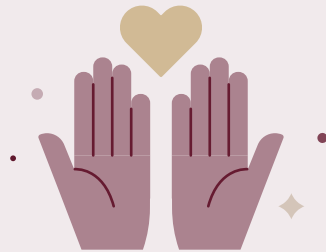
I HAVE THE POWER

to control my thoughts
and emotions.



I AM LEARNING

to love myself
more every day.



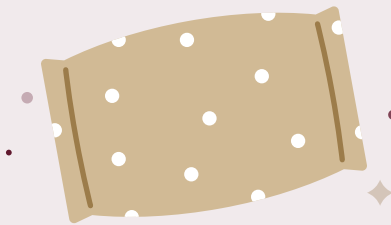
I AM GRATEFUL

to be able to enjoy all of
the little things in life.



AS I LAY IN BED,

I let go of whatever
does not serve me.



I AM READY

to receive happiness
through my dreams.



WITH EVERY BREATH

I take, calmness
washes over me.