



Date _____

1. Re-write my day as if it were perfect or write my affirmations.

2. Read my affirmation cards, or write some benefits of achieving my goals.

3. Write six things you have asked for that have been manifested in your life:

I AM GRATEFUL FOR _____

I AM GRATEFUL FOR _____

I AM GRATEFUL FOR _____

I AM GRATEFUL FOR _____

I AM GRATEFUL FOR _____

I AM GRATEFUL FOR _____

4. I am holding the following beliefs in my sleep tonight:
