

## THE MIRACLE MORNING BEDTIME AFFIRMATIONS

**Read these powerful affirmations every night before bed, and **FEEL** the difference!**

**FIRST:** I have completed all of my daily tasks necessary to prepare myself for tomorrow, including setting everything out that I need for my Miracle Morning™. My alarm clock is across the room so I will have to get out of bed to turn it off, I have decided what time I am waking up, and have clarity as to (specifically) what I will do when I wake up. I am anticipating the morning with positive expectations and excitement, because I am well aware of the benefits that I will receive by choosing to wake up and live *The Miracle Morning*™. It is allowing me to become the person I need to be to easily and consistently attract, create, and sustain the life that I truly want.

**SECOND:** I am going to bed tonight at \_\_:\_\_\_ PM and waking up at \_\_:\_\_\_ AM, which gives me \_\_ hours of sleep. This is PLENTY; in fact, it is exactly what I need in order to perform at a peak level tomorrow. The reality is, my mind controls my body, and I really only need as much sleep as I tell myself and choose to believe that I need. Many of the most successful people in history have functioned optimally on 4-6 hours of sleep, and I cannot allow myself to fall into the limiting belief that sleeping *more* will somehow improve my life. In fact, it will be seriously detrimental to my stress level, finances, relationships, career, and lifestyle goals. My quality of life as I know it depends on my waking up on time tomorrow.

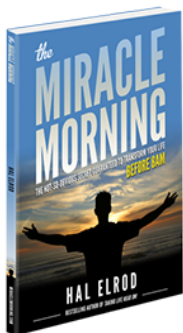
**THIRD:** I am waking up tomorrow morning at \_\_:\_\_\_ AM because by doing so, I significantly increase the likelihood that I will achieve my goals this week, this month, this year, and for the rest of my life. I am committed to waking up on time tomorrow because #1: Doing so will enable me to develop the discipline I need to succeed in all areas, and #2: I know that how I start each day determines how I create my life, because my day *is* my life. I can no longer accept anything less than my best from myself.

**FOURTH:** Regardless of how long it takes to fall asleep, what I dream about, how tired or overwhelmed I feel right now, or when I wake up, I will energetically spring out of bed tomorrow morning at \_\_:\_\_\_ to create the most extraordinary life I can imagine—the life I deserve to live.

*\*I sign my name to this life changing affirmation and commit to reading it every night before bed...*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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1. Join The Miracle Morning™ Community at [www.MyTMMCommunity.com](http://www.MyTMMCommunity.com)
2. Utilize all of the FREE Resources and at [TMMBook.com](http://TMMBook.com)
3. Read the FREE articles and watch FREE videos at [MiracleMorningBlog.com](http://MiracleMorningBlog.com)
4. Share The Miracle Morning™ with others for FREE at [MiracleMorning.com](http://MiracleMorning.com)
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