

BEDTIME CONFIDENCE REFLECTIONS

- 1) I can happily reflect on today's achievements and celebrate my victories !

- 2) I am grateful for today's challenges and lessons !

- 3) I release all doubts and limitations before I sleep tonight !

- 4) I can rest easy knowing that I did my best today !

- 5) I am proud of myself and of what I accomplished today !

- 6) I look forward to tomorrow with hope, confidence, and optimism !

- 7) Tomorrow is going to be a great day !