



FALLING ASLEEP IS EASY FOR ME

SOULSCRIPT VOICES PDF + AUDIO
BY DIVA STYLE MINISTRY, LLC

You can change your mind, your heart, your thoughts and your emotions using powerful and positive affirmations.

This affirmation + audio product will help you focus on breathing deeply to dissolve tension, and inhaling the power to face your challenges head-on and conquer them.

AFFIRMATION

Bedtime is a positive time of day. At that time, I turn off my mind and bid farewell to the world for some uninterrupted hours of rest. I value my sleep because that is when I gather my strength so I can face a new day with fresh ideas.

Prior to heading to bed, I take a relaxing warm shower or bath. I turn down the lights to create an atmosphere conducive to rest. In place of television, I opt for calming nature sounds or a good book to help me drift off to sleep.

Having a routine helps my body understand that bedtime is nearing. The more I follow my routine, the easier it is for me to fall asleep.

I take a moment to reflect upon my day. To do this, I focus on positive thoughts by replaying pleasant incidents. If I have done something wrong that day, I pray and ask for forgiveness so I can fall asleep free from guilt.

I enjoy restful sleep every night. Regardless of what I may be doing, I choose to make a stopping point for myself so I can head to bed peacefully.

When I close my eyes to sleep, I fall asleep quickly and easily. My desire to rest is stronger than the thoughts that arise when I close my eyes. With intentionality, I put these thoughts aside and make them wait until another time.

Today, I choose to go to sleep early and enjoy a full night of rest. I create an atmosphere conducive to sleeping and release myself from any pressures of the day.

"AT BEDTIME, I TURN OFF MY MIND AND SOME UNINTERRUPTED HOURS OF REST.

I ENJOY RESTFUL SLEEP EVERY NIGHT."

REFLECTIVE JOURNALING PROMPTS

As you continue your personal development journey with SoulScript Voices, we encourage you to deepen your exploration through reflective journaling. The prompts provided are designed to help you be introspective and uncover insights that can propel you toward personal growth and greater self-awareness.

Review each prompt and let your pen flow freely as you express your thoughts. This process is not just about answering questions—it's about discovering new layers of yourself and envisioning the path ahead. Start here, and let your reflections guide you to a more empowered and authentic self.

1. Reflect on your current bedtime routine. What steps can you take better to prepare yourself for a restful night's sleep?
2. When thoughts intrude as you try to fall asleep, what strategies could you use to manage them? List some techniques you might try to quiet your mind.
3. Consider the importance of having a designated bedtime. Why must you set a stopping point each night, and how might this contribute to better sleep hygiene and results?