

Morning Motivation

**Sleep Deeply and Love
Waking Up**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you wake up feeling refreshed, energized and excited.

Tips for Success

Keep a daily journal and record any objective evidence that you are sleeping better and waking up easier. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I love being awake

I love being alive

I plan my day every morning

I look forward to every single day

I can't wait to get started in the morning

I love the early morning hours

I love the feeling of getting a head start

I feel wonderful in the early morning hours

I feel alive and awake in the early morning hours

I feel incredibly motivated in the early morning hours

I wake up quickly and easily

My mind races with possibilities during the early morning

I love getting a head start on the day

I sleep early every night

I fall asleep quickly and naturally

I sleep restfully and peacefully every night

I naturally feel tired in the evening

I look forward to an early night in bed

I love going to sleep early

I love falling asleep early

I love getting a full nights sleep

I love falling asleep

I use my sleep to solve problems

I use my sleep to investigate my dreams

I use my dreams for creative understanding

I sleep early and wake up early

I am a natural early bird

I am an early riser

I naturally wake up with the sun

I use the rising sun as my alarm clock

I wake up quickly and easily

You love being awake

You love being alive

You plan your day every morning

You look forward to every single day

You can't wait to get started in the morning

You love the early morning hours

You love the feeling of getting a head start

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