

A LIVING DECLARATION OF SLEEP

And a daily commitment to self-care.

I, _____

declare that

I need _____ hours of sleep a night to flourish.

I choose to be in bed by _____ pm
to be fully present and vital for the following day and to wake up naturally.

I will stop doing chores and work by _____ pm
therefore having time to unwind, relax, and prepare for a deep, restful sleep.

In the hours before bed, I choose to;

Thus I feel nurtured, nourished, ready and prepared for sleep.

I decide to do at least one of the following each day
so I am fully able to embody my feminine power:

Meditate, nap, Yoga Nidra, sleep practices, go to bed early, unwind or spend time alone.

I choose to do this out of a deep love for myself.

Signed with love,
