

I FALL ASLEEP EASILY

[CHORUS]

**EACH AND EVERY NIGHT
I AM FREE OF THE FIGHT
I FALL ASLEEP EASILY
SLEEPING FEELS GOOD TO ME
I SLEEP WELL THROUGH THE NIGHT
WAKING TO THE SUNLIGHT
KNOWING EVERYTHING'S ALRIGHT
I FALL ASLEEP EASILY**

**LETTING GO OF THE DAY
IT IS TIME TO RELAX
SO GRATEFUL FOR THIS DAY
I PUT MY CELL PHONE AWAY**

**IT'S TIME TO SAY GOOD NIGHT
RELEASING ALL CONCERNS
I AM SINKING INTO COMFORT
I CLOSE MY TIRED EYES**

[REPEAT CHORUS]

**TAKING IN A DEEP BREATH
AND INHALING LOVE AND PEACE
EXHALING STRESS AND PAIN
CEASING NEGATIVE THOUGHTS**

**AWAKENING AT THE RIGHT TIME
WELL RESTED AND THANKFUL
FEELING LOVE FOR MYSELF
READY FOR A GREAT DAY**

[REPEAT CHORUS]

I FALL ASLEEP EASILY



MINDFUL MOMENTS

MY JOURNAL



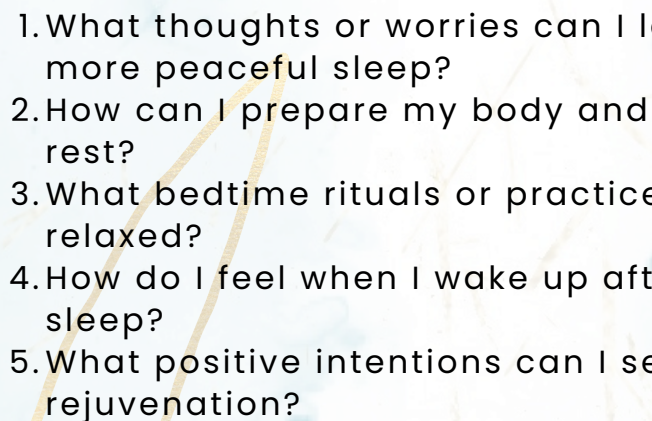
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for I Fall Asleep Easily

1. What thoughts or worries can I let go of tonight to create a more peaceful sleep?
 2. How can I prepare my body and mind for deep, restorative rest?
 3. What bedtime rituals or practices help me feel calm and relaxed?
 4. How do I feel when I wake up after a full, peaceful night's sleep?
 5. What positive intentions can I set tonight to invite rest and rejuvenation?
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I fall asleep
easily and
sleep deeply
through the
night.

I let go of
worries and
embrace
peaceful
relaxation.

My mind is
quiet, and
negative
thoughts fade
away.

I am free
from the fight
and stress of
the day.

My mind is
quiet, and
negative
thoughts fade
away.

Each night, I
nurture my
body, mind,
and spirit
through
restful sleep.

I am grateful
for the peace
and comfort
sleep brings
me.

I wake up
refreshed,
energized,
and ready for
a beautiful
day.