

TAPPING MEDITATION FOR SLEEP



● *Tapping Sequence*

SLEEP AFFIRMATION

I TAKE FULL RESPONSIBILITY OF MY OWN WELLBEING

I CHOOSE TO GET A GOOD NIGHT OF SLEEP

I CHOOSE TO LOVE AND ACCEPT MYSELF

I CHOOSE TO GET A GOOD NIGHT OF SLEEP AND I CHOOSE TO LOVE AND HONOR MYSELF

I CHOOSE TO GET A GOOD NIGHT OF SLEEP AND I DEEPLY AND COMPLETELY LOVE, HONOR, AND ACCEPT MYSELF

I CHOOSE TO GET A GOOD NIGHT OF SLEEP

I CHOOSE TO FALL ASLEEP EASILY

I CHOOSE TO FALL ASLEEP QUICKLY

AND I CHOOSE TO GET A GOOD NIGHT OF SLEEP

I CHOOSE TO SLEEP SOUNDLY

I CHOOSE TO SLEEP DEEPLY

IF THERE ARE THINGS THAT I NEED TO HANDLE, I WILL MAKE A NOTE OF IT RIGHT NOW, AND I WILL TAKE CARE OF IT IN THE MORNING

I'M ALLOWING MY BODY TO RELAX

I'M ALLOWING MY MIND TO RELAX

I'M ALLOWING EVERY MUSCLE IN MY BODY TO RELAX NOW, FROM THE TOP OF MY HEAD, DOWN TO MY SHOULDER, TO MY CHEST, TO MY STOMACH MUSCLE AS I BREATHE I RELAX MORE AND MORE

I'M RELAXING MY HIPS, MY THIGHS, MY KNEES, MY ANKLES AND ALL THE WAY DOWN TO MY TOES

I'M ALLOWING MY BODY TO BEGIN THE HEALING PROCESS, AS IT CONTINUES WHEN I'M GOING TO SLEEP

I'M ALLOWING MY BODY TO HEAL DURING MY SLEEP TONIGHT

I CHOOSE TO GET A GOOD NIGHT OF SLEEP

I CHOOSE TO LOVE AND ACCEPT MYSELF

I CHOOSE TO GET A GOOD NIGHT OF SLEEP AND I CHOOSE TO LOVE AND HONOR MYSELF

I CHOOSE TO GET A GOOD NIGHT OF SLEEP AND I DEEPLY AND COMPLETELY LOVE, HONOR, AND ACCEPT MYSELF

I CHOOSE TO GET A GOOD NIGHT OF SLEEP