

YOU ARE

You Are is a series of inspirational words to offer to yourself or share with your child while falling asleep. This bedtime ritual is a wonderful gift to a person of any age. I created and shared this with my son at bedtime when he was little and I still do sometimes. Drifting off to sleep is a perfect time to instill empowering sentiments in one's heart and mind.

This is the verbatim transcript of the YOU ARE recording. You can say these words as they are written or make up your own. Please note, if you feel challenged to say these words, it might be an indication that you have some inner healing work to do around your own self-worth. (When you do this work, it has ripple effects to every aspect of your life!)

YOU ARE...

YOU ARE BEAUTY

YOU ARE GRACE

YOU ARE JOY

YOU ARE DELIGHT

YOU ARE SOFTNESS

YOU ARE SWEETNESS

YOU ARE INNOCENCE

YOU ARE WONDER

YOU ARE POWER

YOU ARE MAGIC

YOU ARE ROYAL

YOU ARE REGAL

YOU ARE BRILLIANCE

YOU ARE MAGNIFICENCE

YOU ARE INTELLIGENCE

YOU ARE WISDOM

YOU ARE ABUNDANCE

YOU ARE PROSPERITY

YOU ARE HEALTH

YOU ARE WEALTH

YOU ARE PURPOSE

YOU ARE PEACE

YOU ARE COURAGE

YOU ARE VALOR

YOU ARE ORDER

YOU ARE CHAOS

YOU ARE (CONT.)

YOU ARE GOODNESS

YOU ARE PLEASURE

YOU ARE BALANCE

YOU ARE WHOLENESS

YOU ARE EXUBERANCE

YOU ARE ECSTASY

YOU ARE PRESENCE

YOU ARE DEVOTION

YOU ARE EASE

YOU ARE STRENGTH

YOU ARE FORGIVENESS

YOU ARE MERCY

YOU ARE AWARENESS

YOU ARE COMPASSION

YOU ARE TRUTH

YOU ARE BLISS

YOU ARE CREATIVITY

YOU ARE RESOURCEFULNESS

YOU ARE EXQUISITENESS

YOU ARE TRANSCENDENCE

YOU ARE MAJESTY

YOU ARE PURITY

YOU ARE CLARITY

YOU ARE VISION

YOU ARE INTEGRITY

YOU ARE INSIGHT

YOU ARE GENIUS

YOU ARE INTUITION

YOU ARE HARMONY

YOU ARE ARTFULNESS

YOU ARE ANCIENT

YOU ARE TIMELESS

YOU ARE (CONT.)

YOU ARE PERENNIAL

YOU ARE PRIMORDIAL

YOU ARE NATURAL

YOU ARE FREE

YOU ARE SACRED

YOU ARE BOUNTIFUL

YOU ARE VICTORY

YOU ARE TRIUMPH

YOU ARE GENEROSITY

YOU ARE STABILITY

YOU ARE STILLNESS

YOU ARE HAPPINESS

YOU ARE IMAGINATION

YOU ARE ENLIGHTENMENT

YOU ARE INVINCIBILITY

YOU ARE AHIMSA

YOU ARE BLESSED

YOU ARE CELESTIAL

YOU ARE EARTHLY

YOU ARE COSMIC

YOU ARE ILLUMINATION

YOU ARE PERFECTION

YOU ARE LUMINESCENCE

YOU ARE OPALESCENCE

YOU ARE OMNIPOTENCE

YOU ARE OMNIPRESENCE

YOU ARE LIGHT

YOU ARE LOVE

YOU ARE PURE DIVINE RADIANT LOVE IN ALL ITS FORMS

YOU ARE LOVED COMPLETELY AND FULLY NO MATTER WHAT

YOU ARE EVERYTHING YOU ARE NO-THING

YOU ARE.



A newborn baby is shown from a top-down perspective, wrapped in a white, textured cloth. The baby is lying on a white, fluffy surface, possibly a rug or blanket. The baby's face is visible, and they appear to be sleeping peacefully. The overall image has a soft, ethereal quality with a light blue tint.

PLEASE ENJOY THIS SIMPLE BUT PROFOUNDLY
POWERFUL TOOL WITH ALL MY LOVE AND BLESSINGS.

MY VERY BEST WISHES TO YOU ALWAYS,
SUZIE SENK

Suzie Senk ~ Holistic Wellness & Sleep Specialist

Helping Families Get the Sleep They Need to Thrive

www.SuzieSenk.com