



8 Things to Tell Yourself on Sunday Night

Calming words for leaders who want to sleep
easier before the week begins.

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1

***“I do not need to solve
Monday tonight.”***

This pause is not passive;
it's a decision point.



2

“I’m grateful for the weekend I just had.”

Regrets usually live in how we spend our time, and time is one thing we can’t get back.



3

“I’m allowed to carry its goodness with me into the week.”

What sustains you is not balance, but harmony—when the roles in your life **support** each other more than they sabotage each other.



4

“The week can wait until morning.”

Don't let time rule you. Let
your priorities rule your
time.



5

“Not everything on my mind belongs in my body.”

I can care, and then I can release. Three long breaths help my body let go of what it no longer needs to carry tonight.



6

***“I can care deeply and still
rest deeply.”***

Service with boundaries is
the only path that doesn't
end in burnout.



7

***“My worth is not
measured by how much I
carry tonight.”***

Rest does not make me
less committed; it helps
me return with clarity.



8

***“I am safe, I am steady,
and I can begin again
tomorrow.”***

Rest is how I return to
myself.

