

The Pillow Method

Set your intention, settle your mind, and fall asleep focused on what you want to create.

THE IDEA

The Pillow Method uses a written affirmation, repetition, visualization, and the relaxed moments before sleep to keep your intention top of mind.

1

Choose one clear intention.

Focus on something meaningful that you are willing to support with real-world action.

2

Write it as an affirmation.

Use positive, present-tense language, as though the change is already unfolding.

3

Write your affirmation three times.

Complete the next page once, then place it beneath your pillow. Each night, reread it or repeat it silently as you fall asleep.

4

Place it under your pillow.

At bedtime, read it quietly or repeat it to yourself as you settle in.

5

Picture it and feel it.

Imagine one simple scene that shows your intention is real. Let yourself feel gratitude, relief, or excitement.

6

Release it for the night.

Go to sleep without forcing the outcome. Return to your affirmation each night for as long as it feels supportive, and stay open to inspired next steps.

AFFIRMATION TIP

Keep it specific, emotionally meaningful, and easy to repeat. Example: "My heart is overjoyed now that I'm in a deeply loving, healthy, and supportive relationship."

WRITE IT INTO FOCUS

My Pillow Affirmation

Write the same affirmation three times, then place this page beneath your pillow.

MY INTENTION

1

2

3

BEFORE SLEEP

Read it. Picture it. Feel it. Then let your mind rest.

Want to deepen the practice? Rewrite it whenever you feel called to renew your focus.