One night at a time, I will honor my gratitude.
Challenges and blessings happened today, and I am grateful for both. I have come to believe that my Higher Power is in charge and is working toward the greatest and highest good for myself and others—regardless of circumstances and appearances. This night, I choose an attitude of gratitude.

One night at a time, I will honor my willingness to surrender.
I applaud my willingness to surrender that which no longer serves me or my Higher Power. I surrender my powerlessness and relax. I trust my Higher Power to change my relationship with myself, my body, and all that troubles me. Even in the depths of chronic pain and chronic illness, I am willing to change and be changed. This night, I choose to celebrate my growing faith.

One night at a time, I will honor my courage and my fears.
I may have taken risks today, big or small. I may have asked for help and been willing to be of service. I may have felt frightened, may have been reactive, or may have felt hopeless—yet I faced another day with the help of my Higher Power. This night, I choose to acknowledge my courage and bravery when facing my fears.

One night at a time, I will honor myself exactly as I am in this moment.
My body, mind and spirit have served me today. Perhaps not in the way I would have liked, but they has served me—and they has served my Higher Power. I remember to pray for Higher Power’s will to be done—not my own. I release judgment and criticism. I accept my whole self in its limited functionality as beautiful in the eyes of my Higher Power. This night, I choose self-compassion and self-care.
One night at a time, I will honor self-acceptance.
I am a work in progress, a perfectly imperfect human being just like everyone else. I choose to view positive and negative thoughts, sensations, emotions, and behaviors with kindness and gratitude. I release the need to label these experiences as good or bad. Each arrives with wisdom and clarity that Higher Power will reveal to me. This night, I choose self-love.

One night at a time, I will honor others just as they are.
I may have felt anger, frustration, or disappointment with others today. I might have had expectations that were not met. These feelings signal my need to practice tolerance, acceptance, and unconditional kindness. In all my relationships, I release my resistance with compassionate self-awareness. This night, I choose to bless everyone in my life and wish them all a serene night.

One night at a time, I will greet all my feelings as valued friends.
I may have felt rage, panic, irritability, jealousy, loneliness, or grief today. Although some feelings can be overwhelming and unpleasant, they all have something to teach me. I can acknowledge all my feelings and ask for Higher Power’s guidance in processing (not suppressing) them. I do not have to let these feelings dictate the quality of my rest tonight or my actions tomorrow. This night, I will trust Higher Power to show me the wisdom in all of my feelings.

One night at a time, I will remind myself that nothing is required of me in this moment.
My day is done, and tomorrow offers a new beginning. I am more open to Higher Power’s guidance when I honor my need for rest. I do not need to plan, solve problems, or correct errors. In this present moment, I pray for a quiet mind and a contented heart. This night, I choose to turn over yesterday, today, and tomorrow to the care of my loving Higher Power.

I will rest now, safe in the knowledge of my Higher Power’s love for me.
I believe the help, guidance, and strength I need for tomorrow will be freely given to me as I continue to pray, “Thy will, not mine, be done.” I remember that my Higher Power dreams bigger than I do. I choose to rest in the loving care of my Higher Power.