

GoodyBlog

July 06, 2009

The Power of Positive Sleeping

On the recommendation of a wildly successful friend, I finally watched The Secret on DVD. I'm going to go ahead and say there's nothing in it you haven't heard before, as in, "Change your thoughts and you can change your life." Like any self-help, positive thinking anything, it just serves as a reminder to believe in yourself—and in my opinion that's what we really need, reminders.

Right around the same time I was sent a soft pillowcase covered in positive affirmations like, "Whatever I imagine, I can do!" And really, there is "The Secret" right there. I wondered, did the universe conspire to bring me this pillowcase, as "The Secret" would have it? Maybe. I'm not sure it matters.



But reading a few nice thoughts before bed could be especially helpful if the next day is a Monday, tax day or the day I have to finally, finally clean out the fridge. It probably can't hurt for kids either. As the mom behind these pillowcases explains it, "Every night, I would say positive affirmations to my two boys, who were 3 and 5. While we were at the playground one afternoon, and my older son was about to climb the monkey bars, I went over to hold his legs. He stopped me by saying, 'No, Mom, I don't need you. I can do anything I put my mind to.' I knew I was on to something."

Plus, if you're ever feeling really cynical and you don't want to hear/read it (like on fridge cleaning day) you can change the sheets.

Photo [via](#).

[Email this](#) • [kirtsy this](#) • [Save to del.icio.us](#) • [Digg This!](#) • [Share on Facebook](#) • [Stumble It!](#)

Posted by Wendy Toth at 12:21 PM in [Film](#), [gifts](#) | [Permalink](#)

TrackBack

TrackBack URL for this entry:

<http://www.typepad.com/services/trackback/6a00d8341e30cf53ef011570d57ec9970c>

Listed below are links to weblogs that reference [The Power of Positive Sleeping](#):

Comments

Sleep well? The main thing is to sleep in a natural bedding I think!

Posted by: [LinenKids.com](#) | July 09, 2009 at 10:43 AM

Verify your Comment

Previewing your Comment

Posted by: |