

# Mantras

**I LOVE AND ACCEPT MYSELF FOR WHO I AM**

**I CAN ACHIEVE GREATNESS**

**HAVE COURAGE AND BE KIND**

**BE YOU, LOVE YOU, ALL WAYS, ALWAYS**

**ANYTHING IS POSSIBLE**

**LIFE LOVES YOU**

**I AM ENOUGH, KIND AND CAPABLE OF GREAT THINGS**

**TODAY I AM BRIMMING WITH ENERGY AND OVERFLOWING  
WITH JOY**

**MY BODY IS HEALTHY; MY MIND IS BRILLIANT; MY SOUL  
IS TRANQUIL**

**LIVE SIMPLY. DREAM BIG. BE GRATEFUL. LAUGH LOTS.**

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**EVERYTHING THAT IS HAPPENING NOW IS HAPPENING FOR  
MY ULTIMATE GOOD**

**I AM THE CREATOR OF MY OWN REALITY**

**I FORGIVE THOSE WHO HAVE HARMED ME IN THE PAST  
AND PEACEFULLY DETACH FROM THEM**

**MY ABILITY TO CONQUER MY CHALLENGE IS LIMITLESS;  
MY POTENTIAL TO SUCCEED IS INFINITE**

**TODAY, I ABANDON MY OLD HABITS AND TAKE UP NEW,  
MORE POSITIVE ONES**

**ALL THAT I NEED WILL COME TO ME AT THE RIGHT TIME  
AND PLACE IN THIS LIFE**

**I EXPAND MY COMFORT ZONE IN SMALL WAYS EVERY  
DAY**

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THE BIGGEST AND MOST COMPLEX OBSTACLE I WILL EVER HAVE TO OVERCOME IS MY MIND. IF I CAN OVERCOME THAT, I CAN OVERCOME ANYTHING

I CANNOT CONTROL EXACTLY WHAT HAPPENS IN LIFE, BUT I CAN CONTROL HOW I RESPOND TO IT ALL. MY GREATEST POWER IS IN MY RESPONSE

I HAVE TO ACCEPT WHATEVER COMES MY WAY, AND THE ONLY IMPORTANT THING IS THAT I MEET IT WITH THE BEST I HAVE TO GIVE

I AM NOT FOCUSING ON HOW STRESSED I AM BUT REMEMBERING HOW BLESSED I AM. COMPLAINING WON'T CHANGE MY REALITY, BUT A POSITIVE ATTITUDE WILL

BEING POSITIVE DOES NOT MEAN IGNORING THE NEGATIVE. BEING POSITIVE MEANS OVERCOMING THE NEGATIVE. THERE IS A BIG DIFFERENCE BETWEEN THE TWO

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**I DON'T GET CAUGHT UP IN WHAT COULD'VE BEEN OR SHOULD'VE BEEN. I AM LOOKING INSTEAD AT THE POWER AND POSSIBILITY OF WHAT IS, RIGHT NOW**

**I AM NOT A PRODUCT OF MY CIRCUMSTANCES. I AM A PRODUCT OF MY DECISIONS. IT'S ABOUT NOT LETTING MY FEAR DECIDE MY FUTURE**

**I WILL GET BACK UP. AGAIN, AND AGAIN. THE FASTER I RECOVER FROM SETBACKS, THE FASTER I'LL GET TO WHERE I'M GOING IN LIFE**

**MY NEXT STEP IN THE RIGHT DIRECTION DOES NOT HAVE TO BE A BIG ONE**

**PATIENCE IS A GENUINE EXPRESSION OF CONFIDENCE, ACCEPTANCE, SERENITY, AND FAITH IN MY OWN ABILITY. IT'S A SIGN OF STRENGTH. I WILL PRACTISE IT**

# Mantras

WHEN I FIND THAT I DON'T HAVE TIME FOR WHAT MATTERS, I WILL STOP DOING THINGS THAT DON'T

I CAN ALWAYS FEEL THE GENUINE, POSITIVE POWER THAT FLOWS FROM MY DECISION TO RISE ABOVE THE PETTY DRAMA AND DISTRACTIONS THAT DON'T REALLY MATTER ANYWAY

INSTEAD OF GETTING ANGRY, I AM FINDING THE LESSON. IN PLACE OF ENVY, I FEEL ADMIRATION. IN PLACE OF WORRY, I TAKE POSITIVE ACTION. IN PLACE OF DOUBT, I HAVE FAITH

THE LONGER I REMAIN PEACEFUL, THE STRONGER I BECOME. PEACE ON THE INSIDE LEADS TO REAL, MEANINGFUL PROGRESS ON THE OUTSIDE

THERE'S NOTHING SELFISH ABOUT SELF-CARE AND SELF-LOVE. I CAN'T GIVE WHAT I DON'T HAVE. WHEN I ENRICH MY OWN LIFE, I'LL BE LIFE-GIVING TO OTHERS TOO

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**IF THE GRASS LOOKS GREENER ON THE OTHER SIDE, IT'S JUST LIFE'S WAY OF REMINDING ME TO WATER THE GRASS I'M STANDING ON**

**FROM NOW ON I WILL BE TOO BUSY WATERING MY OWN GRASS TO NOTICE IF YOURS IS GREENER**

**I AM FOCUSING ON MAKING MYSELF BETTER, NOT ON THINKING I AM BETTER**

**I AM PRACTISING GRATITUDE, EVEN IN THE MIDST OF FRUSTRATION AND DESPAIR, SO I CAN BETTER SEE THE POSITIVE POSSIBILITIES AROUND ME.**

**HAPPINESS DOES NOT START WHEN 'THIS, THAT OR THE OTHER' THING IS RESOLVED. HAPPINESS IS WHAT HAPPENS NOW, WHEN I MAKE THE BEST OF WHAT I HAVE**

# *My mantras today*