

A background image of pink tulips in a vase, with a white rectangular box overlaid in the center containing the title and subtitle.

21 Positive Mantras

TO HELP YOU LIVE YOUR BEST LIFE

Happiness

- I create my own happiness.
- I have all that I need.
- Today I choose calm. Today I choose peace.
- Nothing that is truly meant for me will ever miss me.
- Every day things are getting better. I am moving forward.

Faith & Trust

- Everything is happening for me, not to me.
- The Universe has my back - Gabby Bernstein
- "I am exactly where I am supposed to be." – Shannon Kaiser
- I choose faith over fear.
- I trust myself. I am making choices that are taking me in the right direction.

Self-Love

- I am grateful for this body that carries me through life.
- I honor and respect myself.
- I am a beautiful person.
- I am worthy of love and affection, and I show it to myself first.
- I accept myself just as I am.
- I radiate light from within.

Courage & Motivation

- I am capable of anything I put my mind to.
- Confidence comes from action.
- I can overcome any challenges that come my way. I am resourceful. I am powerful.
- "You are never given a dream, without also being given the power to make it come true." – Richard Bach
- Good things come from change. I embrace the unknown.