



## Mantras

### How I Use Mantras:

Read one at a time slowly repeatedly until you really feel it. Even if it sounds silly at first you recondition your way of thinking. When I first started doing affirmations, I used to feel the complete opposite to what I was saying. Now I truly believe them. I would suggest reading them and saying them out loud to yourself morning, noon and before you go to sleep. Or whenever you feel you need them. It's so amazing how we can recondition our minds. I had no idea we could do this before reading about it. We can choose our thoughts. I find that really empowering. I believe in the law of attraction and that using these mantras can make them come true in your life.

### My Mantras:

I am a powerful, confident individual all events in this day serve me good.

What I am is beautiful, and what I pull to me this day is beauty and refreshment.

This day is a balance, I am completely aware of my body and all of its needs.

I only put nourishing food into my body.

I see beauty and strength every moment of my life.

I see only beauty and all of the people that are pulled to me what I am strengthens and refreshes what they are.

I give thanks to this beauty and this day.

I am financially abundant.

Money flows to me quickly and easily.

I can afford every luxury that I desire.

I am unique and special.

I love and approve myself.

I matter and what I have to offer this world matters.

I am brave courageous and I can do this.

I am what I am and what I am has beauty and strength.

I am unstoppable.

I can, and I will. Watch me!

I have a millionaire mind.

Always meet beautiful souls who always have the right information I am looking for.

I am relaxed.

I am here for a powerful reason.

There is intense and tremendous purpose for my life.

I am committed to improving my health and energy.

I love and value myself.

I feel strong, healthy and full of energy.

I am vibrant and full of vitality.

I am taking steps to improve my energy.

Everyday I am moving towards the life I want and deserve.

I deserve a fantastic life.

I commit to focusing on important tasks that will help my success.

I focus my attention on the love that is around me, and I expect miracles.