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Heart of Happiness Webinar

Mantras Exercise

Change Your Internal Messages to Yourself

By focusing your thoughts in a positive direction, mantras can calm,
Soothe, and strengthen you with hope.

Below is a list of example mantras. Select one of these examples or one of your own that is most relevant to you and what you are seeking. Choose words sequences that are short, have a rhythm and hold a meaning that is relevant to you.

All is well.

I am grateful for all that I am and all that I have.

I am Strong . I am Beautiful. I am Enough.

Everything I need is within me.

I can transform anything negative into a positive in my life.

Everyday is a second chance.

I give myself permission to...slow down.

I am the person I need to be to make myself happy.

I believe in who I am.

I am the change .

I will find a way.

I love myself .

I am present now.