



**15**

**POWERFUL**

**MANTRAS**

**THAT WILL  
CHANGE YOUR  
LIFE**

# 15 Powerful Mantras That Will Change Your Life

1. Everything I need is already within me.
2. I value progress over perfection. I will take at least one huge step toward my dream this week.
3. I have the discipline and patience to show up for myself in private, so that I can succeed in public.
4. I will replace my self-defeating thoughts with healthy affirmations. I'll begin by speaking highly of myself to myself.
5. I value myself enough to invest in ME and my dreams.
6. Because I believe in myself, I will do one thing that scares me.
7. I will take on my week with confidence and courage because I am ambitious, brave and capable.
8. I will add "me" time to my to-do list and use it for me and me only.
9. Every dream or desire within me exists because it is possible.
10. I will only compare myself to my best self, for I am my only competition.
11. I am attracting the answers I've been searching for regarding my purpose and my passion.
12. I live fearlessly because I know that I am here for a reason. I belong here.
13. I will no longer trade my authenticity for safety. I'm at peace with who I am.
14. I celebrate myself and my accomplishments because self-acknowledgement boosts my confidence and productivity.
15. I choose to be at peace regardless of my environment or circumstances.