

Mantras for Happiness, Confidence, and Self-Love

I can do this.
I am good at this.
I am good at _____.
Good things will come from (this difficult task)
(Name them)
I am good.
I am kind.
I am great.
[I am wonderful.](#)
[I am beautiful.](#) (You Are! Everyone is!!!)
I love myself.
It's OK (your name). You're doing your best and
your best is good enough.
My best is wonderful.
I am winning.
Things are going my way.
Many things are going my way. (name them)
I am blessed. (name them)
Today is going to be a great day.
Good things are going to happen today.
Little challenges make me laugh because I know I
always win in the end.
My life is good in many ways. (name them)
I am Loved.
I love life.
Life loves me.
I am blessed with so many good things.
I am so grateful for the basic abilities I have such as
(walking, seeing, hearing, feeling love, hearing
music, fill in more)
I am blessed with family and friends especially
(name them).
(Name friend or family member) brings me joy in
life.
Difficult people and circumstances are opportunities
for me to learn, become strong, and develop
compassion.
I feel confident.
Life is going my way.
I smile at life. Smile - let the world wonder what
you are up to!
I love people. Smile at others - it's the gift that gives
back.
I see the good in others and myself even when they
or I am cranky. Give compliments. This strengthens
your ability to see the good in others and yourself.
I forgive easily. Do this. It teaches you how to
forgive yourself.

I am kind. Be kind to others. It teaches you how to
be kind to yourself.
I am patient. Be compassionate towards others. It
will teach you to be compassionate to yourself.
People are generally good and trying their best.
Life is good.
The Difficult in my life provides constrast by which
the Easy in my life becomes more clear. I am
grateful for this lens.
Nothing is too difficult for me to handle.
I pace myself and always have the [energy I need.](#)
I take care of myself - [getting good rest,](#) kind
thoughts, and [healthy food.](#)
I love myself with kind thoughts, compliments, and
recognition of my good deeds.
[I am good enough just the way I am.](#)
[I am wonderful just the way I am.](#)
I deserve love just the way I am today.
I am lovable.
I have love, goodness, and kindness inside of me. I
give this to others and to myself.
I spread love everywhere I go with kindness and a
smile.
Every part of me is beautiful.
Every inch of my body is perfect and beautiful.
When I smile, I shine.
When I smile, I love.
When I smile, I love myself.
When I smile, I give energy to myself and others.
I have everything I need right now.
I am OK. I'm allowed to be calm and content at all
times.
I feel love all around me everywhere I go.
The universe loves me. I can feel it.
When things get tough, I start laughing and being
kind to myself and others.

And here is a my last but not least mantra, courtesy
of [Tyler Lenz on Twitter: @ttlentz:](#)

"Today is the best day of my life."

I think that one is my absolute favorite! Thanks
Tyler!