

Mantras for Happiness Confidence Self-Love

I can do this.	Life loves me.	I love myself with kind thoughts, compliments, and recognition of my good deeds.
I am good at this.	I am blessed with so many good things.	<u>I am good enough just the way I am.</u>
I am good at _____.	I am so grateful for the basic abilities I have such as (walking, seeing, hearing, feeling love, hearing music, fill in more)	<u>I am wonderful just the way I am.</u>
Good things will come from (this difficult task) (Name them)	I am blessed with family and friends especially (name them).	I deserve love just the way I am today.
I am good.	(Name friend or family member) brings me joy in life.	I am lovable.
I am kind.	Difficult people and circumstances are opportunities for me to learn, become strong, and develop compassion.	I have love, goodness, and kindness inside of me. I give this to others and to myself.

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I am great.	I feel confident.	I spread love everywhere I go with kindness and a smile.
I am wonderful.	Life is going my way.	Every part of me is beautiful.
I am beautiful. (You Are! Everyone is!!!)	I smile at life. Smile - let the world wonder what you are up to!	Every inch of my body is perfect and beautiful.
http://lifelearningtoday.com/2013/01/09/you-are-wonderful/	I love people. Smile at others - it's the gift that gives back.	When I smile, I shine.
I love myself.	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.	When I smile, I love.
It's OK (your name). You're doing your best and your best is good enough.	I forgive easily. Do this. It teaches you how to forgive yourself.	When I smile, I love myself.

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My best is wonderful.	I am kind. Be kind to others. It teaches you how to be kind to yourself.	When I smile, I give energy to myself and others.
I am winning.	I am patient. Be compassionate towards others. It will teach you to be compassionate to yourself.	I have everything I need right now.
Things are going my way.	People are generally good and trying their best.	I am OK. I'm allowed to be calm and content at all times.
Many things are going my way. (name them)	Life is good.	I feel love all around me everywhere I go.
I am blessed. (name them)	The Difficult in my life provides constrast by which the Easy in my life becomes more clear. I am grateful for this lens.	The universe loves me. I can feel it.
Today is going to be a great day.	Nothing is too difficult for me to handle.	<u>I have the energy I need to take action.</u>

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Good things are going to happen today.	<u>I pace myself and always have the energy I need.</u>	When things get tough, I start laughing and being kind to myself and others.
Little challenges make me laugh because I know I always win in the end.	<u>I take care of myself - getting good rest, kind thoughts, and healthy food.</u>	I am Loved.
My life is good in many ways. (name them)	<u>I take care of my body.</u>	I love life.

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