



Self-Talk Creates Your Reality

Repeat These Mantras Daily

Today, I am confident.

Today, I am happy, healthy and focused.

Today, I know my value and I am worthy.

Today, I will find blessings everywhere.

Today, I abandon old habits and take up new positive ones.

Today, I release what I cannot control.

Today, I am worthy of abundance.

Today, my time is valuable.

Today, I am enjoying life.

Today, I will impact someone's life in a positive way.

Today, I am unstoppable.