

# MORNING MANTRAS



I am capable, strong, and ready to take on the day.

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I am doing the best I can with the tools I have today.

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I radiate confidence, love, and kindness in all interactions.

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I will listen to my body and hit the pause button when I feel overwhelmed.

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I have everything I need to succeed within me.

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I will take breaks throughout my day to allow myself a reset.

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My heart is open, and willing to learn from today.

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I am resilient, and I embrace challenges as opportunities for growth.

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