

25 Mantras

to Instantly Shift
Your Relationship
with Your Body

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INTRODUCTION

Mantras (power words with intentions to change our perspective, thoughts, and ultimately spirit) help us stay in a good space, emotionally, energetically, and sometimes even physically. When I first started my wellness journey, mantras helped me remember why I was doing what I was doing. They guided me back to my path when I wanted to wander off.

Today, I still use them – no longer for food fears or body image issues, but for staying grounded and keeping me from entering Crazy Town. Remember, we all have our own fears, insecurities, and thoughts of self-doubt.

No matter where you are in your journey, mantras can help you see things a different way, stay on your path, and prevent you from going into a dark space. Whether working on self-love and compassion, acceptance, breaking free from binge-eating or food rules, or believing you're worth it (and you are), mantras can help.

Below are 25 of my favorite mantras. Find ones that speak to you (or create your own!) and when you start to feel weird, insecure, or like your light is being taken use the below practice.

A simple way to practice mantras - *the power of 3's*

The power of three's: Say your mantra (in your mind or out loud) 3-10 times and follow-up with a simple breathing exercise. Breathe in for 3-full seconds, hold your breath for 3-full seconds, and exhale for 3-full seconds. Repeat this breathing exercise for a total of 3 times and finish with saying your mantra 3 more times.

Instantly, you'll be transformed to a place of peace, clarity, and empowerment. You've taken the power away from your fear thoughts and transferred it into loving thoughts that can help you grow with grace.

25 MANTRAS TO PRACTICE NOW

1. I choose to see this differently.
2. I am willing and open for change.
3. I am exactly where I need to be.
4. I choose to let love in and fear out.
5. I choose peace.
6. Today, I choose to honor my beauty, strength, and uniqueness.
7. I am open to new possibility.
8. I am enough, exactly as I am right now.
9. I choose to grow with grace.
10. Now is my time. I am ready for change.
11. Peace begins with me.
12. I choose to honor my hunger and fullness.
13. All I need is within me now.
14. My faith is bigger than my fear.
15. I choose to nourish my body, nourish my soul, and nourish my mind.
16. Although I am thankful for everything I have at this moment, I'm choosing to become healthier.
17. I have the power to change. I choose self-kindness, love, and compassion.
18. I choose to think thoughts that serve me well.
19. All steps, even small steps, are good steps.
20. I am grateful for my struggles for they have shown me my strength.
21. I move my body in ways I love.
22. I choose healthy nourishing foods.
23. I appreciate who I am and don't need to compare myself to others.
24. I am grateful for my body and all it does for me and in turn, I choose to treat my body with love and kindness.
25. I choose to let the past go and start focusing on the present moment.