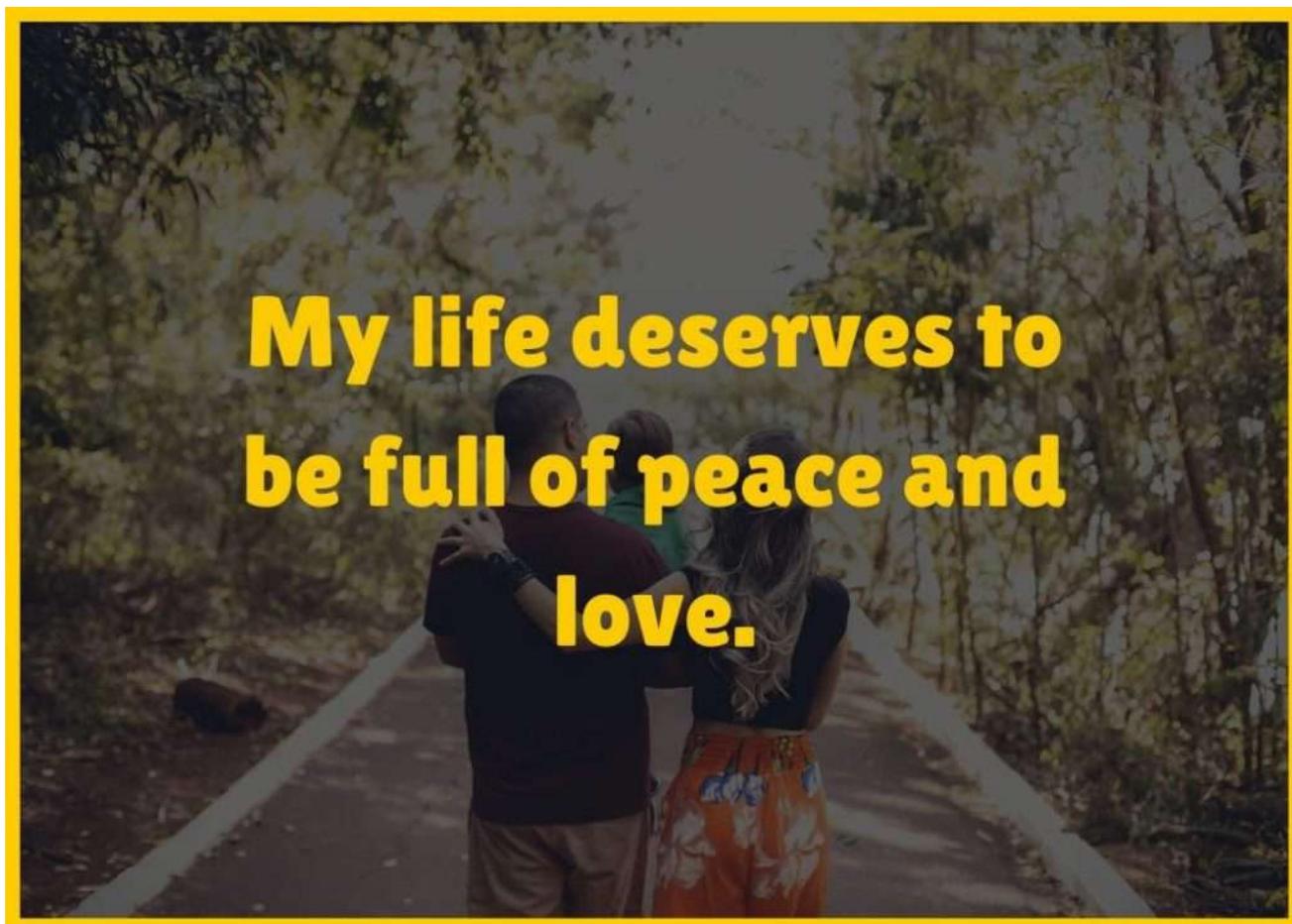


# 191 Mantras to Live By (A List of Mantras for Happier Living)

[mindfulnessbox.com/mantras-to-live-by/](https://mindfulnessbox.com/mantras-to-live-by/)



Peace and love are your natural state. You deserve to live a life full of both.

1. My life deserves to be full of peace and love.
2. Happiness and joy is a part of who I am.
3. There is power in what I pay attention to. I choose to notice what's good in me.
4. My life is for me, not for others. I deserve to make decisions that make me happy.
5. When I fail, I choose to be gentle with myself.
6. I allow myself to release all guilt, shame, and regrets.
7. Every day, I see myself grow wiser. Every day, I change for the better.
8. Who I am is exactly who I need to be.
9. When I feel stressed, I remind myself that my natural state is joy and love.
10. I choose to trust myself deeply.
11. Rather than worry what others think, I choose to live my life for me.
12. In every way, I am already enough.
13. I choose to cultivate positive thoughts about myself.

14. I'm allowed to have needs and express them.
15. I choose to be kind to myself.
16. Rather than follow the expectations of others, I choose the path that's right for me.

| 17. *I love who I used to be, who I am, and who I'm becoming.*

18. I love who I used to be, who I am, and who I'm becoming.
19. When I look back on past versions of myself, I feel warmth and gratitude.
20. Sometimes, I feel emotionally turbulent. That's okay. I allow myself to feel all feelings.
21. I know that courage isn't the absence of fear, it's taking action in the face of fear.
22. My own approval is worth more than the approval of others.
23. When I look at my life, it's incredible how much I've grown.
24. My life is full of harmony.
25. I walk through the world feeling loved, by myself and by others.
26. I don't have to change in order to love myself.
27. I'm allowed to set boundaries and expect others to follow them.
28. My voice deserves to be heard, and my feelings deserve to be shared.
29. Today, I choose joy.
30. I deserve happiness and inner peace.
31. All people make mistakes. I'm a good person.



Choose to believe that good things are coming for you

32. Good things are coming for me.
33. I am calm, happy, and content.
34. I'm allowed to say "No" to protect my energy and time.
35. Perfection isn't possible. All I expect from myself is to try.
36. I am proud of myself.
37. I deserve everything good coming my way.
38. I send unconditional acceptance to myself.
39. I'm striving to be my best self, but I accept all versions of me.
40. I aim to be as kind and tender to myself as I would to a dear friend, or a child.
41. I allow myself to take time to heal.
42. I release myself from stress.
43. Not everything in life goes according to plan, but through it all, I love myself.
44. I give myself permission to choose what's best for me.
45. I accept every part of myself – the good and the bad – unconditionally.
46. I seek to recognize the person I truly am, and allow that person to grow and flourish
47. Today, I feel light and at ease.
48. Everything I need is already within me.
49. Today, right now, I choose to believe in myself and love myself.
50. I am worthy of respect. I treat myself with respect and expect others to do the same.
51. I am worthy of love without accomplishing anything. Just existing is enough.
52. My vision for my future is powerful, and I deserve to expect the life of my dreams.
53. My past doesn't define me. I'm defined by who I'm becoming.
54. An incredible transformation is happening within me.
55. Every day, I grow into a better version of me.
56. I choose to release myself from destructive thought patterns and negative thoughts.
57. I am worthy of forgiveness. I choose to forgive myself.
58. I notice what feels like an obligation in my life, and release myself.
59. Although I've made mistakes, they don't define me.
60. I have something of value to give to the world just by being me.

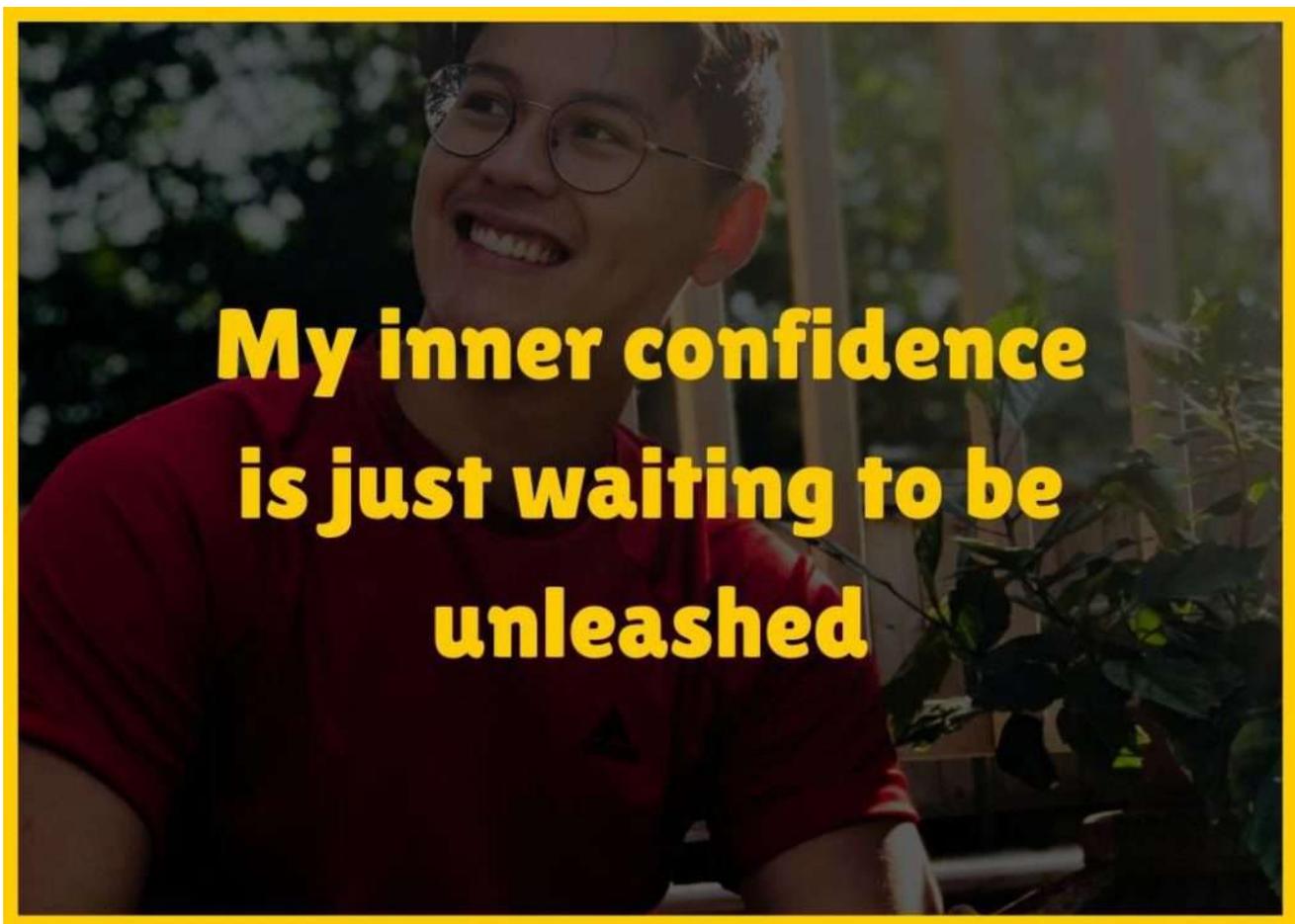


**I choose not to  
compare myself to  
others**

As the saying goes, “Comparison is the thief of joy”

- 61. I choose not to compare myself to others.
- 62. Happiness is within me, waiting for me to choose it.
- 63. Every mistake I've made and every difficulty I've faced has made me who I am today.
- 64. I'm capable of change.
- 65. I'm excited to see where my life takes me, and who I become.
- 66. This is my one and only life. I deserve to make decisions that make me happy.
- 67. I'm comfortable being myself around other people.
- 68. My choices in life are within my control.
- 69. I have within me the power to handle any situation.
- 70. I am worthy of having whatever I want in life.
- 71. I respect myself. When others make me feel small, I choose to stand up for myself.
- 72. The people around me enjoy spending time with me.
- 73. I approach each new situation with confidence and a belief in my own abilities.
- 74. I am not afraid to take risks, because I believe in my ability to adapt.
- 75. Being myself is a privilege.
- | 76. I'm not for everyone. Not everyone has to like me.
- 77. Each minute, I'm becoming stronger.
- 78. The process of life has twists and turns. I trust each step.

79. When setbacks happen, I have the power to overcome them.
80. Everything I need is already inside me.
81. Each morning when I rise, I'm filled with motivation.
82. I'm allowed to ask for help.
83. Whatever I envision for myself, and my life, is possible.
84. I bring focus and strength to each day.
85. Obstacles only motivate me to keep trying.
86. I am smart, persistent, and capable.
87. Leaving my comfort zone is hard, but I know growth is on the other side.
88. My mood isn't dependent on the opinions of others.
89. Every day, I grow in confidence. Every day, I trust my intuition more.
90. I'm grateful for everything that made me who I am today.
91. When I receive compliments, I accept them with gratitude.



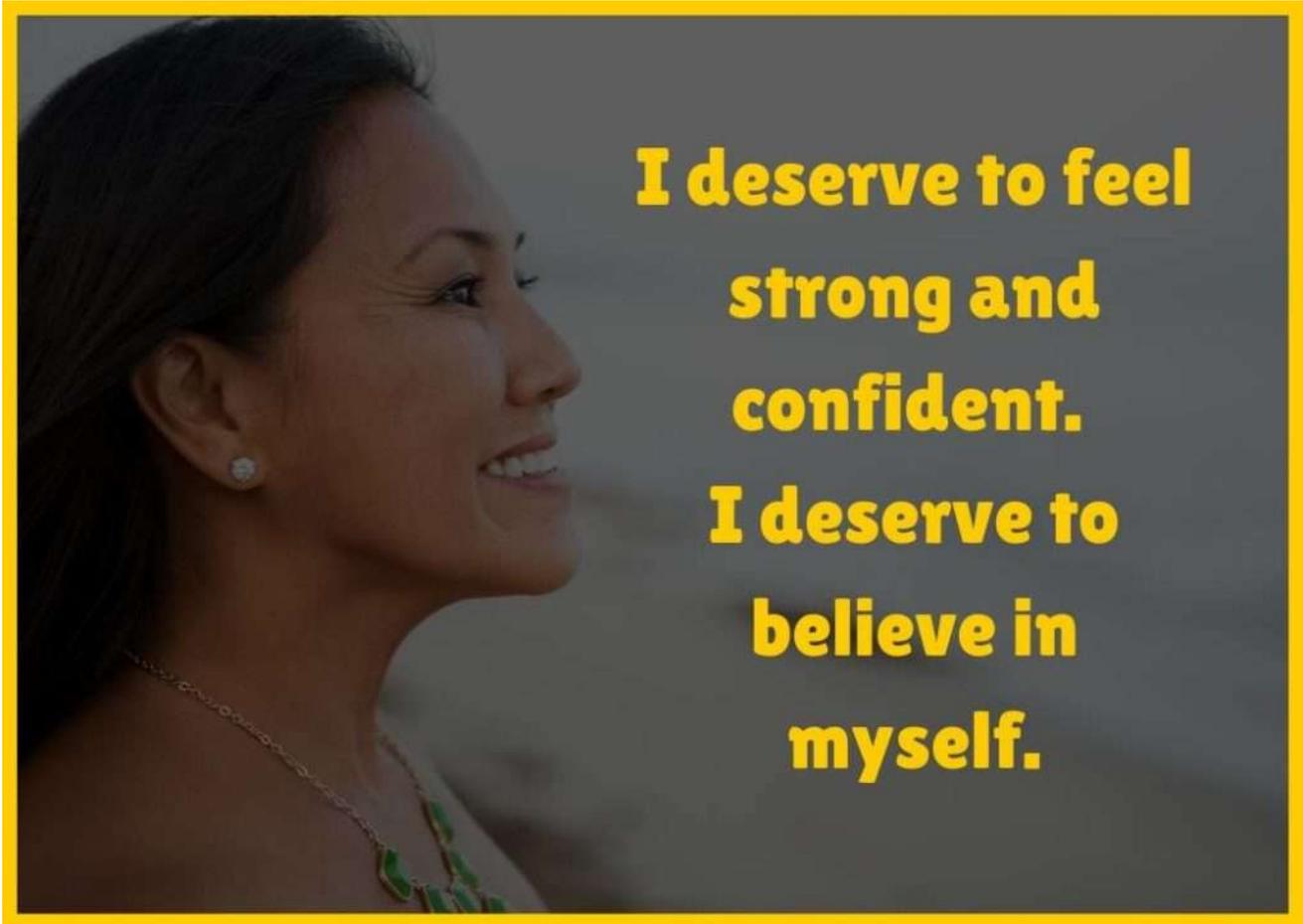
You have an incredible reservoir of confidence just waiting to be unleashed

92. My inner confidence is just waiting to be unleashed.
93. My intuition is strong. When I have an instinct about something, I listen to it.
94. As I inhale, confidence enters my body. As I exhale, fear exits my body.
95. My reserves of strength are endless.
96. The strength I have inside me is greater than I realize.

- 97. What sometimes seems hard for me to handle can, in fact, come easily to me.
- 98. I feel comfortable in my own body.
- 99. When I achieve difficult things, I become even more confident.
- 100. The things that make me “me,” are entirely unique in this world.
- 101. Meeting people and making friends comes naturally to me.
- 102. I choose to release my insecurities.
- 103. I choose to express the emotions I feel, rather than hide them.
- 104. Each day, I get closer to reaching my goals.
- 105. When I look back at the version of myself from a few years ago, I’m proud of how far I’ve come.

| 106. Success reverberates through every moment of my day.

- 107. I alone choose the goals I pursue, without influence from the expectations of others.
- 108. My confidence attracts people to me.
- 109. When difficulties arise in life, I am resilient.
- 110. I judge my own success by my dedication and willingness to keep putting in the work.
- 111. I am capable. When I set my mind to something, I can do it.
- 112. With practice and training, there is no skill I can’t master.
- 113. As I get more confident in my abilities and comfortable in my own skin, my fears of failure and judgment are fading away.
- 114. Validation from others doesn’t matter to me. I only need validation from myself.
- 115. I choose self-support over self-deprecation.
- 116. I am comfortable and confident being my true self.
- 117. I choose to say what I believe without worrying about judgment.
- 118. I’m confident enough to let go of people who don’t make me happy.
- 119. Each time I make a mistake, I learn and grow.



You owe it to yourself to believe in yourself

- 120. I deserve to feel strong and confident. I deserve to believe in myself.
- 121. Every part of me is worthy, even my flaws and imperfections.
- 122. My confidence is contagious.
- 123. I am seen in this world. I matter.
- 124. I am capable of doing amazing things.
- 125. When I'm true to myself, I'm also the most confident version of myself.
- 126. I can visualize the best version of myself, and I'm getting closer every day.
- 127. I'm grateful for how far I've come in life, and for everything I've accomplished.
- 128. Who I become in life is under my control.
- 129. I deserve to celebrate wins in life, no matter how small.
  
- | 130. I love the person I'm becoming.
  
- 131. My voice deserves to be heard. My opinions matter.
- 132. When I follow my intuition, I know I'm making the right choices in life.
- 133. Each day, I feel myself radiating strength and confidence.
- 134. Perfection isn't my goal; I can be confident while being flawed.
- 135. I feel proud of myself for each small way I've improved my life.
- 136. I choose to accept myself, the good and the bad.
- 137. I compare myself with the past version of me – not with other people.

138. When I make a decision, I have conviction and stand behind it.
139. Confidence comes easily to me.
140. Everything I want is on its way to me.
141. I express my true self with ease.
142. For all the good in my life, I am grateful.
143. I'm grateful for the support I receive from those who care about me.
144. I'm grateful to my body, for being my home. I commit to taking care of it.
145. Each day I'm able to wake up is a blessing.



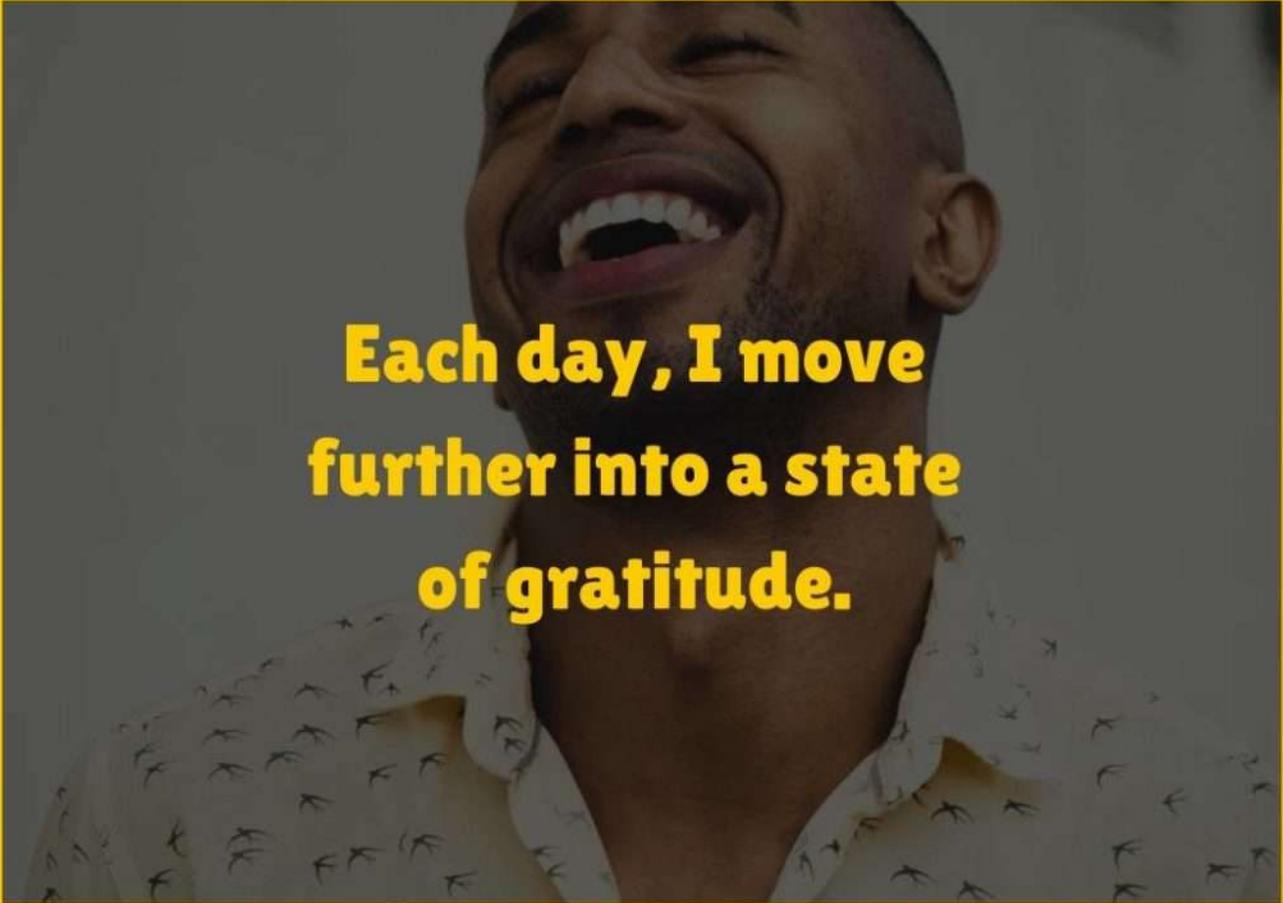
Recognize that you truly do the best you can

146. Today, I did the best I could. I'm grateful for the effort I was able to give.
147. I am grateful for the opportunity to love myself and show compassion to myself.
148. I am grateful to love, and I am grateful to be loved.
149. For the relationships that make life richer, I am grateful.
150. I'm grateful for reminders that life is short; they remind me to truly live.
151. Today, I'm grateful for the chance to grow in whatever way I choose.
152. For food, water, and shelter, I am grateful.
153. I'm grateful for animals and children, who remind us to be playful and joyful.
154. I'm grateful for having my voice heard and for the ability to express my thoughts.
155. I choose to look at the world through eyes of gratitude.

156. I commit to noticing the beauty of nature each day.
157. Each and every day, I feel more grateful.
158. I commit to cultivating a light, playful, joyful approach to life.
159. With each experience I have, I'm grateful for the lessons I learn along the way.
160. When I cultivate gratitude and happiness, I not only have an impact on myself, but on those around me.

161. I recognize that happiness is within me, and that gratitude is the basis for happiness.

162. Although I'm working towards the life of my dreams, I'm grateful for what I have now.
163. Everything I am, and everything I have, is already enough.
164. Every experience in the past made me who I am today. I am grateful for all of them.
165. I'm committed to a life focused on joy and appreciation for what I have.
166. I feel connected to every plant, animal, and human.
167. The water I drink and the air I breathe are gifts. I'm grateful for each sip and each breath.
168. For all the love and support shown to me by my partner – I am grateful.
169. As I open my eyes each morning, I feel a sense of gratitude. Each day is a unique gift.
170. I believe that everything will work out.
171. I am happy for everything I have.
172. For the progress I'm able to make each day and the small steps I'm able to take, I'm deeply grateful.
173. As I breathe in, I'm breathing more gratitude into my life.
174. I appreciate the chance to contribute to the world.
175. I recognize that my life is meaningful. I'm grateful for the chance to have an impact on others.
176. For the moments when I'm able to release tension and stress, I'm grateful.
177. I trust that when I do something kind, it comes back to me.
178. I know that everything that's happening in my life will lead me where I need to go.
179. I'm grateful for the obstacles in life. They're a chance to strengthen my resilience.
180. Every day, I choose to take a few moments to be grateful.
181. For every laugh, smile, and moment of joy in my life – I am grateful.



**Each day, I move  
further into a state  
of gratitude.**

Choose to believe that gratitude is slowly but surely becoming your default state of being

- 182. Each day, I move further into a state of gratitude.
- 183. As I walk through the world, every tree, flower, and bird is a reminder to be grateful.
- 184. Life is a constant chance to learn and grow. I'm grateful to be a lifelong learner.
- 185. Gratitude compounds. The more I express gratitude, the more I see the world through the lens of gratitude.
- 186. Gratitude is a choice. I choose gratitude each and every day.
- 187. For each moment of kindness shown to me by others – I am grateful.
- 188. For every meal I eat, I am grateful for the farmers, workers, and drivers who got the food to me.
- 189. My attitude is changing from one of constriction to one of abundance. With gratitude, I know I have enough.
- 190. For my happy, positive emotions and my sad, heavy emotions, I am grateful.
- 191. I'm grateful for the unique spirit and way of being I bring to the world, just by existing.