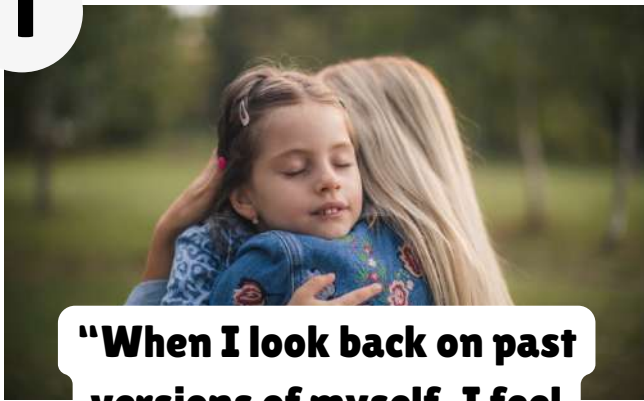


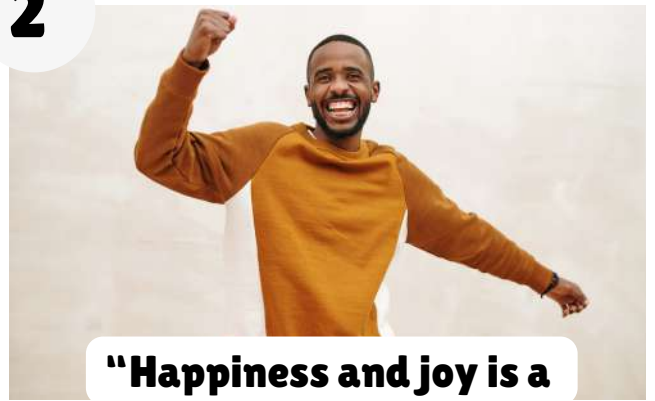
# 15 Mantras for Self Love

1



**"When I look back on past versions of myself, I feel warmth and gratitude."**

2



**"Happiness and joy is a part of who I am."**

3



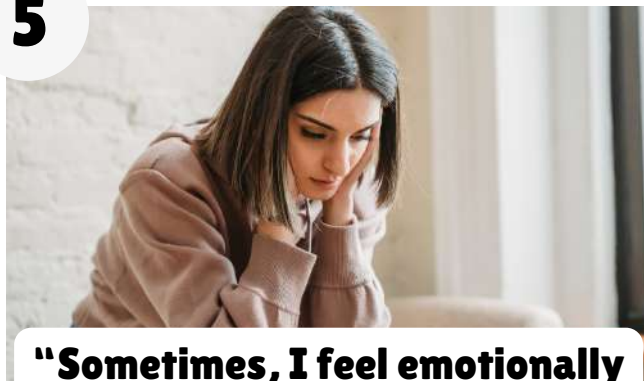
**"When I fail, I choose to be gentle with myself."**

4



**"My life is for me, not for others. I deserve to make decisions that make me happy."**

5



**"Sometimes, I feel emotionally turbulent. That's okay. I allow myself to feel all feelings."**

# 15 Mantras for Self Love

6



**"In every way, I am already enough."**

7



**"I'm allowed to say "No" to protect my energy and time."**

8



**"My vision for my future is powerful. I deserve to expect the life of my dreams."**

9



**"I choose to associate with people who make me feel better, and allow those who don't to drift away from my circle."**

10



**"I notice what feels like an obligation in my life, and release myself."**

# 15 Mantras for Self Love

11



**"I'm excited to see where my life takes me, and who I become."**

12



**"I'm improving the world through my interactions with others."**

13



**"I'm allowed to set boundaries and expect others to follow them."**

14



**"I choose to release myself from destructive thought patterns and negative thoughts."**

15



**"I have something of value to give to the world just by being me."**