

Power Phrases

- I appreciate and look at the little things.
- I am warrior, not a worrier.
- I choose purpose over perfect.
- I give myself permission to slow down.
- I am enough.
- I will find a way or make one.
- Everything I need is within me.
- I love myself.
- I am present now.
- I am good outside my comfort zone.
- I can center myself with the ease of my breath. I feel grounded, confident, worthy and whole.
- My feelings are not facts.
- I write my destiny.
- I love myself, I believe in myself, I support myself.
- My struggle has given me strength.
- I inhale the future, I exhale the past.
- I live with intent.
- I forgive to heal. I let go and grow.
- Self-confidence is the best outfit; I rock it and own it.
- I am humble. I work hard. I am kind.
- Yesterday is not today.

