

Morning Mantras

Affirming positivity in the morning allows us to ride that positive momentum throughout the rest of the day

My body is rested and my mind is clear.
I am relaxed and my day unfolds with ease and grace
I feel supported throughout the day
I am in alignment and focused on the joy of life
My energy is high and I feel healthy
I am inspired. Today is a great day
Creative possibilities are available to me
And I take action with faith and clarity
I start my day with positive thoughts and energy
I am happy and excited I am in alignment with the universe
I am hopeful and positive even when I meet challenges
Good things flow to me and I feel creativity move through me
I find a way through every block
I let love be the driving force of every action that I take
I bring joy to others
I easily ask for help and I am clear on what I want to accomplish
I focus on my gifts
I welcome the universe to support this shift now
Through these words I experience an energy shift
I accept that in an instant I can choose again and redirect my life
The moment I realign with love, the universe responds immediately
At any moment I can change my story and say yes to what I truly want
I let this good feeling momentum carry me throughout my day and my life
I commit to relaxing and restoring daily
People around me notice my shift and it has a positive impact on them too
In an instant we can forgive our fear and choose love
The key to getting back to alignment is to want it I feel good
I release control
I can redirect my energy I make feeling good my highest priority
All is well