



Never Let the Mantra Leave Your Mouth:

- Pick a mantra. Some examples:
 - "I am a vital part of the Universe."
 - "I am completely loved, protected, and supported by the Divine, the Source, the Universe."
 - Replace with whomever or whatever you believe in.
 - "I believe in the power of love."
- Repeat the mantra out loud or silently over and over to interrupt negative thoughts and align with a positive message that resonates with you.
 - You can do this while you're walking, taking a shower, washing dishes, etc.
 - You can do this as part of meditation, incorporate into EFT (tapping), during a massage, etc. Get creative!