

Encouraging Statements/Mantras

Encouraging Statements

- You are capable
- You are doing awesome
- Good luck today! I know you are going to do great
- I'm glad you are here
- You can do it
- Keep on trying
- Go for it
- You figured it out
- You worked really hard
- Your input is appreciated
- That showed a lot of courage
- You can think for yourself
- It's okay to cry
- It's okay to make mistakes
- Thanks for your help
- You're lovable
- Good speaking up
- You're trustworthy
- I trust you to decide for yourself
- This is tough, but you're tougher
- You're making a big change, and I'm so proud of you
- You are so strong, and you are amazing for facing this with so much courage

Encouraging Mantras for Mindfulness

- I am doing the best I can and that is enough.
- Today I plant the seeds for the life I long to live.
- The next chapter of my life is going to be so amazing.
- I am open and willing to flow with life's changes.
- I build a space of calm and clarity all around me.
- My creativity is precious and unique.
- One activity at a time; there is no need to rush.
- No one can distract me from this moment but me.
- I am supported in my work and goals.
- Today, I will see the world with enthusiasm and curiosity.
- My breath is an entryway to a place of inner calm.
- I will seek the sacred in the ordinary.
- Each person I meet is a friend and fellow world traveler.

- I am capable of small positive changes.
- Balance in all things brings peace and contentment.
- Today, I will create something new.
- My mind longs for new information and growth.
- Acts of kindness ripple through the world.
- My compassion does not go unnoticed.
- Time is never wasted when I am fully present.
- Today, I will step outside my comfort zone.
- Setting goals for the future gives me direction in the present.
- My five senses are a doorway to the present moment.
- I will heal by connecting with others.
- I am a constant work in progress, and that is okay.

Words of Encouragement for Success

- I have integrity and drive and worked persistently for this moment.
- I am worthy of praise—both from others and myself.
- I am surrounded by people who are good for my spirit.
- With each day, I will take smaller steps toward my joy.
- Working toward my goals inspires others around me to do the same.
- Improvement and growth are never linear.
- The more I improve myself, the more I can help the world around me.
- I have the power to spread love to each and every person that crosses my path.
- My path is unique and I will walk it with pride.
- I will pause and appreciate this beautiful moment.
- I can define what “success” means for me at this given moment.
- I will spread enthusiastic light to those who need it today.
- I built this mountain with small stones, and only then began to climb.
- This day can act as a beacon of hope for the days when I need inspiration.
- My community supports me and I support them.
- I will be present in my current joy.
- Change is inevitable, in good times and in bad.
- There may be trouble ahead, but I am strong enough to face it.
- People trust me because I am trustworthy.
- Each success is an opportunity to help others.

Encouraging Mantras for Good Health

- My body is a beautiful creation that changes and grows.
- I choose actions, food, and ideas that help me stand taller and stronger.
- Each day, my body can heal itself.
- I fill my mind and body with light and love.
- I exercise to greater understand my body.

- I send loving kindness to each organ and area of my brain.
- Peace with my body inspires others to find peace for their own.
- Feeding my mind feeds my body.
- I am allowed to take the time to heal.
- I will listen to what my body is trying to tell me.
- I will seek help when I cannot help myself.
- My health standards come before anyone else's beauty standards.
- I will check in with myself and give my body what it needs.
- When I feed my body well, I am more capable to connect with those around me.
- Today, I will speak kindly to my body.
- I am thankful for my abilities.
- I will proceed through my day with determination, not judgment.
- I set my own standards and benchmarks.
- My mental and physical health comes before my career.
- I will find new ways to support the health of those around me.

Words of Encouragement for Times of Sadness

- Though I feel pain, I am still my true self.
- I know things are difficult right now, but I also know I've got what it takes to get through it
- When I care about emotions, I am more capable of caring for others.
- Change is the pathway to growth.
- I will nurture my inner pain and listen to its message.
- I did everything I felt was right at the moment; I have no need for regret.
- I am not alone and I am not forgotten.
- Asking for help makes me stronger.
- From change comes great possibility.
- I will listen to my sadness with patience and love.
- My words, thoughts, and ideas are important to the world.
- I am deserving of rest and rejuvenation.
- The world outside my mind does not define me.
- I am protected in love and kindness during this difficult time.
- Although I feel out of control, I am safe, cared for, and healthy.
- The dangers of the past do not define who I am today.
- I am not a burden to others, as they are not a burden to me.
- For now, I will seek joy in the small moments.
- I am deserving of self-patience and self-love.
- The world needs to hear what I have to say.

Encouraging Mantras for Challenging Times

- I have solved similar problems in the past and can do so again.
- I cannot be defined by society's labels. I am unique.
- I can use this anger to spark positive change in myself and those around me.
- My anger stems from fear, and I will comfort that fear with loving kindness.
- My small acts of compassion matter to the world.
- Each small step adds up to a long journey toward peace.
- Day by day, hour by hour, minute by minute. I only need to focus on now.
- The success and positive energy of others empower me to change.
- There are beautiful days ahead.
- I will find small beauties in the world today.
- Forgiveness begins with taking care of my own hurt.
- My challenges inspire lessons for myself and those around me.
- My feet are on the ground, I am breathing, and I safe.
- Resting will clarify my next positive step forward.
- I am only responsible for my own actions.
- I believe that there is love in the world and love in myself.