

Affirmation and Mantra Guide

A short phrase repeated with intention can help settle a busy mind during moments of stress. This is not about forcing positivity, it is about offering yourself something steady to return to. This guide groups mantras by what you might be facing, and offers a simple way to build your own.

For anxious moments

This feeling will pass.

I am safe in this moment.

I do not have to solve everything right now.

I can take this one breath at a time.

For self worth

I am allowed to take up space.

My worth is not measured by my productivity.

I am enough exactly as I am today.

I am doing the best I can with what I have right now.

For uncertainty and change

I do not need all the answers today.

I can be steady even when things are unclear.

This chapter is not the whole story.

I am allowed to take this one step at a time.

For difficult days

I have gotten through hard moments before.

It is okay for today to simply be hard.

One step at a time is still moving forward.

I am allowed to rest without having earned it.

How to use a mantra

1

Choose one that resonates today

It does not need to feel completely true yet, only steady.

2

Pair it with a slow breath

Say it silently as you inhale, and again as you exhale.

3

Repeat it several times

Aloud, whispered, or silently, whichever feels right in the moment.

4

Return to it through the day

You might write it somewhere visible, or simply recall it when needed.

Build your own mantra

Try completing one of these simple formats in your own words.

Even though _____, I _____.

I am _____ and that is _____.

Write a mantra of your own that feels true to you right now.
