

# Self-Appreciation Mantras

A mantra is a syllable, word or phrase you repeat to yourself. You can speak, chant or whisper the mantra or you can simply think it in your mind. Practice these on a regular basis.

Mantras help bring awareness to positive thoughts while drawing attention away from negative ones. The above mantras remind us that we are worthy, loved and enough, just as we are.

*“I am LOVED”*

*“I am WORTHY”*

*“I am FULFILLED”*

*“I am STRONG”*

*“I am FEARLESS”*

*“I am CAPABLE”*

*“I am FOCUSED”*

*“I am ENOUGH, JUST AS I AM”*



For more information visit:  
[WWW.MAGNAWELLNESS.CA](http://WWW.MAGNAWELLNESS.CA)

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