

# *Daily Mantras*

FOR RADICAL SELF-LOVE + HEALING



Take a moment to breathe. As you inhale repeat one of the mantras below. As you exhale, breathe out any fears or anxieties. Repeat until you find yourself back in your body, back in the present and safe to continue your day.

I AM LOVED UNCONDITIONALLY BY SPIRIT & I CAN FEEL THAT UNCONDITIONAL LOVE SURROUNDING ME AT ALL TIMES

I AM GRATEFUL FOR ALL THAT I AM, FOR ALL THAT I HAVE, & FOR ALL THAT I EXPERIENCE

INNER GUIDE I SURRENDER THIS FEAR TO YOU. THANK YOU FOR HELPING ME RE-ORGANIZE THIS LIMITING BELIEF AND RESTORE IT BACK TO LOVE

MY BODY IS PERFECT THE WAY IT IS & I HONOR IT IN THIS STATE

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I AM ATTUNED TO THE FREQUENCY OF LOVE &  
ABUNDANCE

TODAY & EVERY DAY I CHOOSE HEALING FOR  
MY HEART, MIND, BODY & SPIRIT

I LOVE & HONOR MYSELF. I RESPECT MY BOUNDARIES  
& TRUST MYSELF

I AM IN PERFECT BALANCE. I AM PHYSICALLY &  
EMOTIONALLY CONNECTED & HEALED

TODAY I CHOOSE TO LET GO OF THE THINGS THAT NO  
LONGER SERVE ME

I AM STRONG, I AM GROUNDED, & I AM ROOTED IN MY  
BEING. I AM FREE OF WORRY & AM AT PEACE WITH  
WHO I AM

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