

DIANA DORELL

*Intuitive Consulting and Healing for
Exceptional Souls*

Your Self Care Mantras!

Directions: Mantras are extremely helpful to supplement any self care practice you are already doing. Say them aloud with feeling or write them in your journal with a strong, clear intent. Enjoy!

Number	Mantra	Name
Number 1	"It is safe for me to finish what I start."	The Trail Blazer
Number 2	"When I voice my needs, everyone around me benefits."	The Nurturer
Number 3	"Structure gives me freedom and helps me shine!"	The Life of the Party
Number 4	"When I am willing to let go of perfection, everything works out better than I expected."	The Builder of Dreams
Number 5	"Taking space before saying yes or no boosts my creativity!"	The World Traveler/Communicator
Number 6	"It is safe to ask for help and receive."	The Cosmic Mother/Family
Number 7	"Nature and quiet elevate my intuition now."	The Mystic
Number 8	"I take excellent care of my body and build my empire with ease!"	The Empire Builder
Number 9	"It is safe to be vulnerable. By opening up, I am able to share more knowledge with the world."	The Teacher

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