

# Wellness WEB



March  
mindset tools

@relxased



# Monthly Mantra

## **Empowering Mantras**

I choose to stop apologizing for being me.

I release negative self-talk

I love the person I am becoming

I believe in myself and my abilities

I deserve all good things

I acknowledge my own self worth

Reflect on these mantras, which ones stick, and feel good for you? Take a moment to reflect on that, to check in with yourself.

Here is a short meditation on [empowerment](#).