

# 10

**POWERFUL  
DAILY  
MANTRAS**

TO CHANGE YOUR  
LIFE



**Tashhealth**

# My daily mantra: Self-love

You are worthy of love and kindness. Everyone deserves love and kindness.

Recognise your strengths. What are you good at? It might be your ability to make people smile, laugh, forgive, love, or you might have a special talent like writing well.

Each day think of 3 different things you are good at and appreciate about yourself.

Write them down. Say them out loud to yourself. Be grateful in your heart and give thanks to the universe for having these strengths and unique qualities.



Say to yourself each day,

*"I am worthy of love and kindness. I am strong and I am beautiful. I can do and achieve anything I put my mind to. I always surround myself with positive energy and supportive people, which gives me the power and strength to endure all hardships with ease. There is nothing that I can't accomplish. I am great".*

Digest these words and feel each word resonate through every cell of your body. Believe them. Let the universe bring to you what you desire and deserve, because you are worthy of love and your dreams coming true.

Widen your heart and make room for love. Then spread the love. Be happy with where you are at in this very moment and never forget the power of self-love.

Sending you love and kindness.



## My daily mantra: Overcoming hardships

You will encounter hardships in your life to test you so that you become a stronger person. Do not give up at the first sign of difficulty. Identify it and recognise that this experience will guide you the way to becoming a better person and the best version of yourself.

Remember, it's not about the hardships you encounter, it's what you do about the hardships that really counts.

Say to yourself each day,

*"My hardships do not define me. What defines me is how I overcome the challenges I face. I choose to accept these hardships and be grateful for them, as they help to make me a stronger and better person. I choose to overcome these challenges with grace, positivity and love and I'm thankful for all the universe sends me because I know it's for my own good".*

Be a good role model for the younger generation and show them how important the role of hardships play in the story of your life to building your best life, by remaining positive and accepting all that is given to you.

Allow the light to shine through you to uproot negativity and tear down any self-doubt. Be patient in times of struggle and attacks. Know that love is right in front of you, always.

Sending you love and kindness.

# My daily mantra: Achieving dreams

The spice of life is dreaming. Dream big. Be adventurous. Be courageous. Dream often. Dream, dream, dream. Know that there's plenty out there just waiting for you to take it.

Without dreams nothing can be accomplished or improved. It all starts with your mind. Be brave and do not hold back. Have a vision for your life and work towards that vision every day.



See yourself living your dreams and feel what it's like. Believe you already have the things you are dreaming of. That way your subconscious mind will work with the universe to make them happen for you. All you need to do is to dream, visualise and believe.

Say to yourself each day,

*"I dream big and know that I deserve to reach my goals and live my dreams. I can feel what it's like living my dreams and achieving my goals. It feels incredible and powerful. I know that it can and will be done. I will use my creativity and my passion to help get me there. I will achieve all my dreams at the right time".*

Be consistent with your dreams and take steps each day towards achieving them. Put in the work but never give up on your dreams. To give up on your dreams is to give up on yourself. Never give up, ever!

Sending you love and kindness.

## My daily mantra: Leadership

Strong leadership requires good listening skills, project management skills, people management and problem-solving skills, courage, firm decision making and ability to see the 'bigger picture' or have a greater vision for whatever it is you are doing.

Judgement of others and gossiping will not get you there, it will only bring you down. Try to improve yourself every day, even if it requires small steps to accomplish your goals overtime.



Be fearless to face all those who oppose you because you are rightfully not wavering under their threats, nor subduing to them. Continue to do good in the world and you will be rewarded. Be patient and persevere to reach the vision you have for your work.

Say to yourself each day,

*"I am strong, I am consistent in my work, and I will continue to take small steps each day towards reaching my goals. I will lead by example by doing good in the world. I will look back on my day, week, month and years and reflect on how I could do things better. I will be better and better each day and achieve greatness".*

Stay motivated, keen to learn, grow every day and never give up on your will to lead by example!

Sending you love and kindness.

# My daily mantra: Stand out from the crowd

Stand out from the crowd. Be unique. Go the extra mile. Stay back at work an extra 15 minutes to find the answer to that enquiry. Give someone a bonus as part of your service, ask them for feedback and give them more than what was expected. Provide value for your customers and pleasantly surprise them. Don't limit yourself or your beliefs, expand your horizons and possibilities. Don't go unnoticed, grow yourself, your abilities, your self-belief, put in the effort and watch yourself skyrocket!

Change your perspective and add value to people's lives. It doesn't have to be something complex or costly. You will be rewarded!



Say to yourself each day,

*"I am committed to building my reputation every day. I am successful, I am good at making decisions that work for me. I can influence outcomes that benefit me and my reputation in the long-term. I sacrifice short-term pleasures for long-term benefits. I go above and beyond to achieve my dreams, because it's simply worth it!"*

Find your 'edge' and create an amazing experience for yourself. Life is short, so make the most of the time you have available!

Sending you love and kindness.



## My daily mantra: Maintain balance

It's important to pursue your goals, but not at the expense of neglecting your emotional well-being and close relationships. Maintaining a balance in your life is key. If you're pursuing your dreams but find people around you disappearing and you feel depressed and lonely, then you know something's wrong.

Focus on what matters in your life, it's not only about chasing money. Don't neglect your health and your emotional state, which will harm your relationships and ultimately reduce your quality of life. You need to maintain a sense of enjoyment and fulfillment in your life.

Say to yourself each day,

*"My happiness exists within me. I do not need to look externally to find and maintain my happiness and well-being. Happiness amplifies my life. I will look after my health and my emotional and mental well-being by making sacrifices, but not at the expense of what matters to me".*

Think about what makes you happy and make a conscious decision not to neglect these things, but rather incorporate them in your daily life. Choose a happy and fulfilled life and be grateful for what you have. Make your happiness a priority in your life.

Sending you love and kindness.







## My daily mantra: Elevated thinking

You have the power of making a choice. A choice to elevate your thinking to help you achieve your greatest goals. Have the belief in yourself and change your thinking. It doesn't matter what other people think, the only thoughts that matter are yours. You get to decide if you will be successful in your life.

Say to yourself each day,

*"I expect greatness in my life. I expect amazing things to happen for me. I've made a decision to make a better world for myself. Nothing is too difficult for me to achieve. I expect my desires to materialise at the right time. Everything is possible. I am grateful for everything I have. I am great".*

Positive thinking is powerful, it changes your life. Train your mind to be positive by practising gratitude. Think of 5 things a day that you are grateful for, it may be as simple as having the ability to walk and see.

Sending you love and kindness.

# My daily mantra: Look forward

You have an amazing life in front of you. Your past will not dictate your future. Learn from your past mistakes, but do not let them dictate your future. You are in control of your life.

Everyone's been through hardships and struggles. Identify your gift, perfect it and share it with the world.

Say to yourself each day,

"I will use my talents and gifts, work on them and perfect them so that I can give back to the world in a meaningful and purposeful way. I will learn from my past mistakes, but in no way will they dictate my future".

Know your talents and skills and use them to achieve greatness in your life. Look back on your life and identify what you could've done better. Take your gifts and perfect them each day.

Sending you love and kindness.





## My daily mantra: Stay optimistic

Life is not meant to be a smooth and easy ride. Remain optimistic in your life by being thankful for all that you have. Focus on what is going well for you in your life and don't dwell on what is not happening. If you are grateful and optimistic it's impossible to also be negative and discouraged at the same time, so why not choose optimism.

Say to yourself each day,

"I choose to be optimistic and am grateful for all that I have in my life. I understand that joy and depression cannot co-exist and therefore I choose to practice positive thinking. I replace all the negative thoughts I have with positive thoughts. I keep a list of all the things I'm grateful for and add to it daily".

It's easy to fall down the negative path, but don't let yourself slip. By practising gratitude each time you have a negative thought it will start to become an automatic process. It will help you significantly in your life.

Sending you love and kindness.



Thank you for getting in touch!

Wishing you great health and success,  
Tashhealth.

Our experts will reach out to you soon!

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