

Self-Love through the Archetypes

Day 8: Mantra & Affirmations

Affirmations:

Affirmations are ways we reinforce what we want in our lives in a conscious way. We affirm who we are, our gifts, and our truths. These are especially helpful when we are making decisions or to remind ourselves who we are when our Inner Critic comes knocking.

Today, you'll make your own affirmations to affirm the gifts you have found in your journey.

So what do you need to hear about you to make choices that serve you?

Create some affirmations you can use to remind yourself of your gifts and what you want in your life.

Write these affirmations on paper and get creative and make them pretty if that fits. The post them throughout your house and workspace to remind yourself.

Mantras:

Mantras are words I can depend on to either bring reality back or that I can mediate with. It may be a word or a phrase. You are invited to make it short and sweet so it will be easy to repeat to yourself and get reconnected to your own flow.

For example, my go-to mantra is "How can I love this?". It helps me see that whatever is in front of me is not an enemy, just life. Loving the thing reminds me of my power.

I also use words like grace, nurturing, compassion.

But it's up to you. What is meaningful to you?

Write about 10 examples so you can see what works for you.

Again, write these down on paper. Make them pretty and post them all over your house and workspace. You might consider creating a desktop background if you are on the computer a lot. Repeat these several times a day to remind you that you want to embrace your gifts.