

10 Sets Included : 30 scenic affirmations
Save directly to your phone to have your N.E.R.D.
(Negative Emergence Reaction Dialogue) rescue at your fingertips!

EMPOWERING
MINDFUL MANTRA'S

AFFIRMATIONS & DECLARATIONS

to combat that negative reactive self-talk



I HAVE ALL OF THE ANSWERS
WITHIN ME.

MY LIFE IS THRIVING AND
UNFOLDS EXACTLY ON TIME.

MY BODY IS A TEMPLE; WORTHY
OF LOVE, HEALTH AND JOY.

**I AM EXACTLY WHO AND WHERE I NEED TO BE IN
THIS MOMENT.**

**I AM A CONFIDANT, PASSIONATE AND INSPIRING
MAN/WOMAN.**

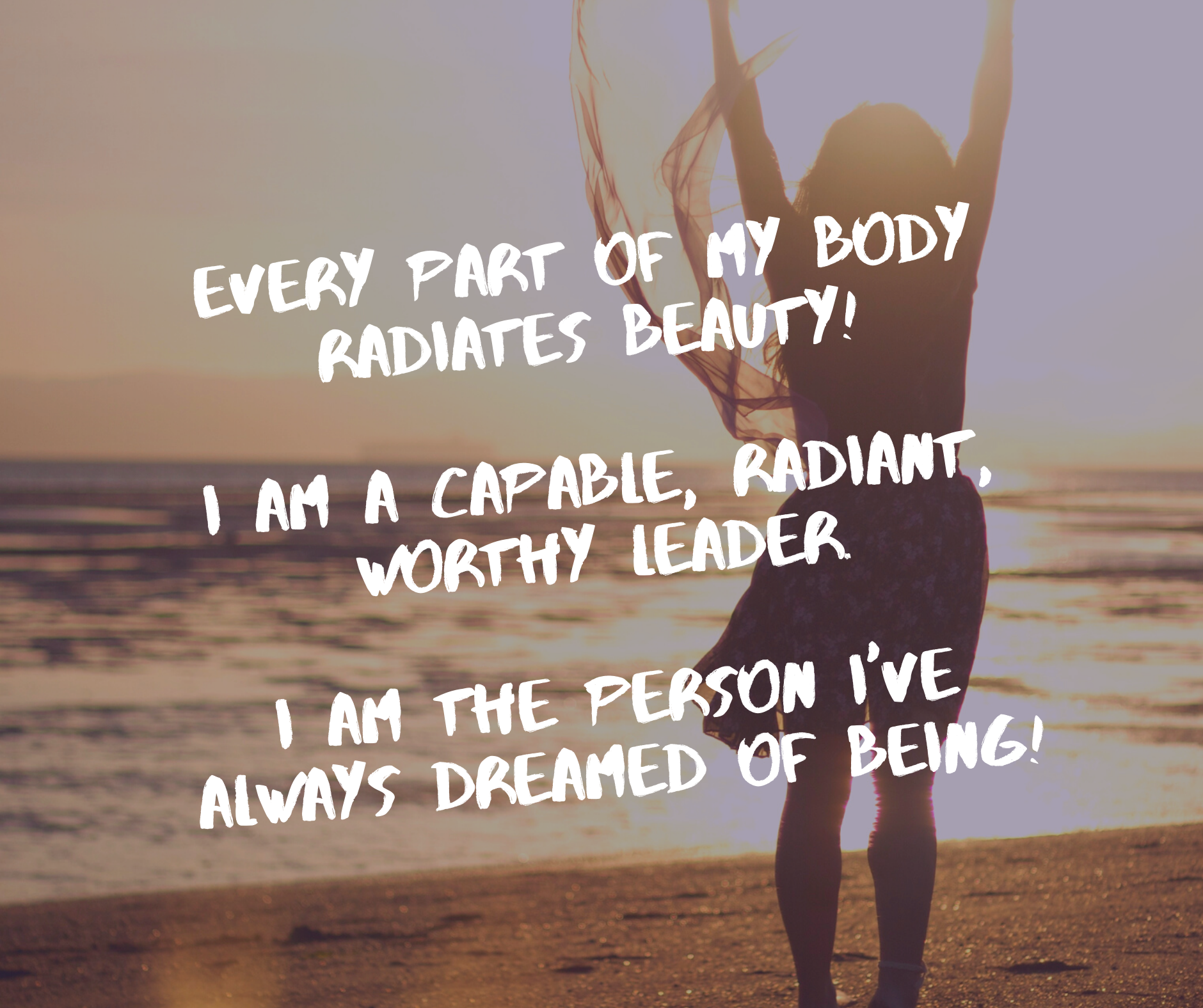
**THE UNIVERSE ALWAYS HAS MY BACK.
EVERYTHING IS GOING TO TURN OUT FOR MY
HIGHEST WELLBEING.**

A scenic landscape featuring a calm lake in the foreground, surrounded by dense evergreen forests. In the background, rugged mountains rise against a sky transitioning from a soft orange and pink sunset to a clear blue. The overall mood is peaceful and inspiring.

**I CHOOSE TO BELIEVE THE BEST
IN OTHERS.**

**MY HONESTY INSPIRES HONESTY
IN THOSE AROUND ME.**

**I AM LOVABLE. EVEN ON MY
WORST DAY, MY FRIENDS AND
FAMILY LOVE TO LOVE ME!**

A woman in a black dress stands on a beach at sunset, her arms raised in a gesture of triumph or joy. The background shows the ocean and a warm, golden sky. The text is overlaid on the image in a white, hand-drawn font.

EVERY PART OF MY BODY
RADIATES BEAUTY!

I AM A CAPABLE, RADIANT,
WORTHY LEADER.

I AM THE PERSON I'VE
ALWAYS DREAMED OF BEING!

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**I am so enough it's incredible how
enough I am!**

I am one of a kind!

**I stand my ground and protect
myself with compassionate
assertiveness.**

A person is walking away from the camera on a dirt path in a forest. The path is covered with fallen leaves and a large log lies across it. The background is filled with green trees and foliage. Three black rectangular boxes with white text are overlaid on the image.

**I AM THE MOST ME I'VE
EVER BEEN AND I LOVE
ME, A LOT!**

**I HAVE INNATE VALUE
THAT INSPIRES THE
WORLD.**

**IF I TRUST AND
FOLLOW MY VALUES, I
AM COMING HOME.**



*I am committed to being my
own true love, my own
god/dess and my own guru.*

*I intend to be in
blissful consistent flow with
the universe.*

*I intend to empower and
strengthen myself through
my community and my
practices.*

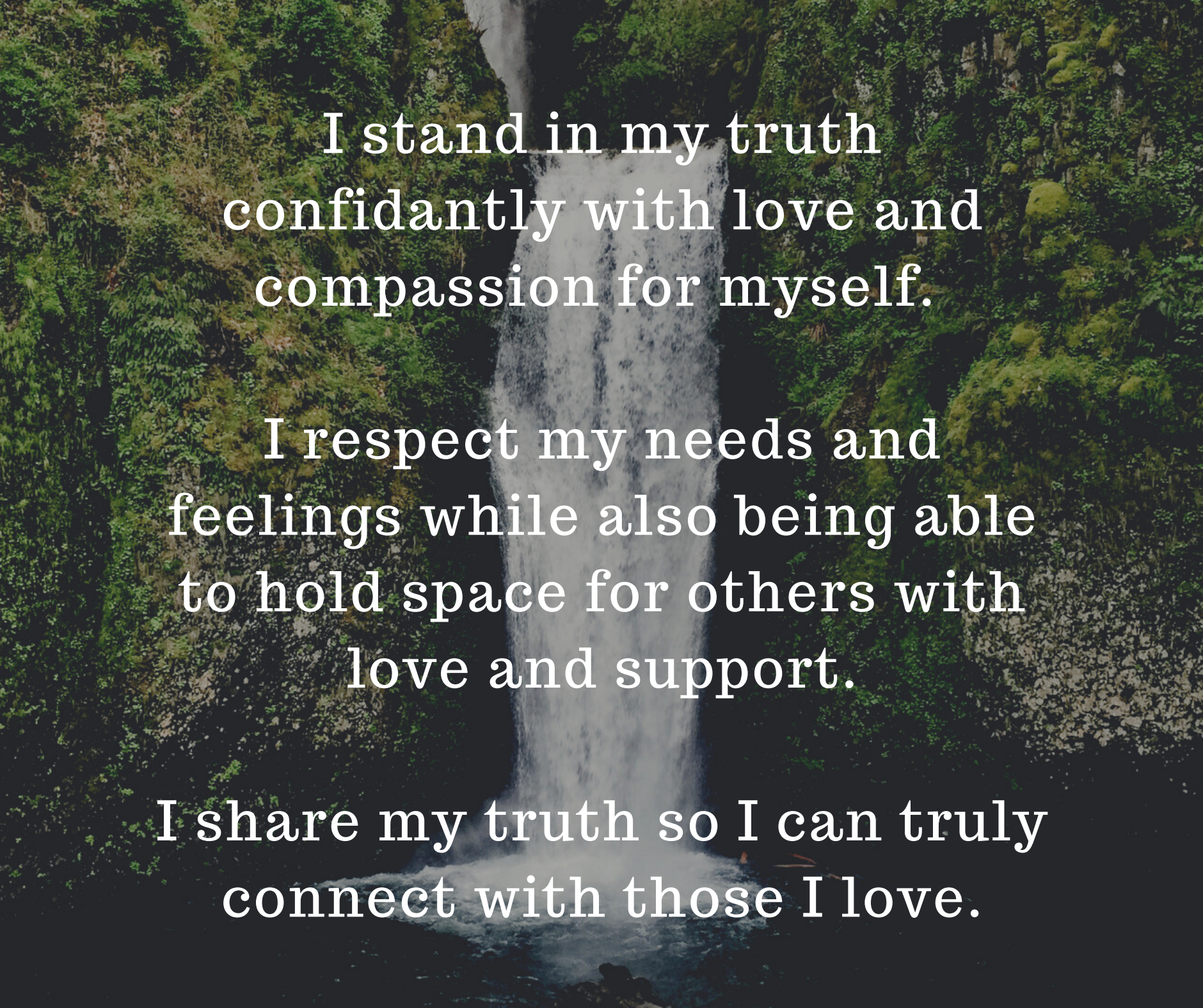
A scenic landscape featuring a calm lake in the foreground, a wooden pier extending into the water, and a person sitting on the pier. The background consists of steep, forested mountains under a clear sky. The text is overlaid on the image in a white, serif font.

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*I trust the process and surrender
to my journey.*

*I am the creator of my world. I
shape my space with intention,
knowing my boundaries.*

*I acknowledge myself for all of
my hard work.*

A waterfall cascading down a mossy, green cliffside. The water is white and frothy as it falls, surrounded by dense, vibrant green foliage and moss. The background is a dark, textured wall of rock and vegetation.

I stand in my truth
confidantly with love and
compassion for myself.

I respect my needs and
feelings while also being able
to hold space for others with
love and support.

I share my truth so I can truly
connect with those I love.

*I notice and allow my feelings
without judgment.*

*I am enough and I don't have to
prove myself to anyone!*

*I acknowledge myself for all of
my hard work.*