

*I know what I want and
I'm willing to work for it*

**I HONOUR MY
VALUES AND LET
THEM GUIDE ME**

*I recognise all that I have and
express gratitude regularly*

**I BELIEVE IN MYSELF AND
MY RIGHT TO BE HAPPY**

*I trust myself and
recognise my potential*

**I ACCEPT RESPONSIBILITY FOR
HOW THINGS ARE AND
HOW I WOULD LIKE THEM TO BE**

I love my life.

THE MINDSET MANTRAS

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