

Self-Love Mantras

What to do:

Choose 3-5 of the statements below and put them in places you will see regularly.

For instance, on a sticky note, write: *Your body is your superpower*, and then stick it to your computer monitor.

Another example is using an old tube of lipstick, write this phrase on your bedroom mirror: *as I touch myself, I crave myself...*

Disclaimer:

These mantras will be a waste if you put them up and never actually read them.

It will take some effort to retrain how your brain thinks.

The good news is that you are in control of your brain!

Mantras:

- ♥ Your body is a powerhouse
- ♥ Your body is your superpower
- ♥ You are a sexual goddess
- ♥ You deserve love
- ♥ As I touch myself, I crave myself.
- ♥ My (specific body part) does (specific thing) for me
- ♥ I exercise because it nourishes my body
- ♥ I am open and available for love
- ♥ My body is my best friend
- ♥ My cellulite are cute little dimples to show off my thighs
- ♥ My stretch marks are signs of positive growth for my own body
- ♥ My freckles are love marks
- ♥ My wrinkles tell the story of where I have been.
- ♥ My stomach holds my organs together
- ♥ My size/shape/weight doesn't define me
- ♥ My vulval/clitoris/vagina are beautiful and deserve love and affection
- ♥ My partner loves my body
- ♥ My partner loves me