

12 Mantras to Shift Your Mindset in 2021

Cut out your favorite mindfulness mantras and attach them around your home, workspace, etc., to help shift your mindset year round.



**PROGRESS
OVER
PERFECTION**



**TODAY,
I AM
PERFECT**



**BE
FEARLESS**



**I LISTEN TO
MY BODY AND
GIVE IT WHAT
IT NEEDS**



**I AM
ENOUGH**



**SEIZE THE
MOMENT**




**GOOD HEALTH
IS A PRACTICE
AND I HAVE
PATIENCE**



**DISCONNECT
TO
RECONNECT**



**SHOW UP
TODAY**



**INHALE.
EXHALE.**



**SELF-CARE IS
NOT SELFISH**



**JUST KEEP
MOVING!**