

# Mantras & Mottos

Mantra | Sanskrit, literally 'a thought behind speech or action'

Motto | 'a short sentence or phrase chosen as encapsulating beliefs or ideals'

"The Universe Always Supports Me."

"The Universe Has Your Back."

"Lean in."

"Take action."

"Movement is medicine."

"Motion is Lotion."

"Always Be Kind."

"You are what you settle for."

"Self care is the new health care."

"A life lived in fear is a life half lived."

"Life awaits you on the other side of risk."

"Make space and breathe."

"Be kind to yourself."

"This too shall pass."

"Make a better choice."

"Don't sweat the small stuff (and it's all small stuff)."

"Don't give up what you want most for what you want right now."

"Do not let what you cannot do, interfere with what you can do."

"Do something today that your future self will thank you for."

"You have exactly one life to do everything you will ever do. Act accordingly."