

A person with long blonde hair, wearing a white dress with black horizontal stripes, is shown from the waist down. They are holding a large, vibrant yellow sunflower with a dark brown center. The background is a soft-focus field of tall grass and trees, bathed in warm, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and natural.

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**Powerful
Morning Mantras**
to transform your day

Introduction

Every morning, I choose a word or phrase, a "mantra," to guide my day. My daily mantra keeps me tuned into my most important emotional, mental, and spiritual priorities for the next 24 hours.

It also sets the tone for the day. If life feels frazzled, my mantra reminds me to breathe, relax, or rest. If I'm feeling unsure, it encourages me to embrace my authority. If I'm distracted, it nudges me to return to the present moment.

I need more than a single word or phrase of the year because I constantly change as does the world around me. The perfect personal message on a peaceful day will not necessarily suit me on a chaotic day.

Sometimes the right mantra comes to me immediately when I set my pen to paper in the morning. Other times, I'm inspired by my daily 3-card tarot reading. I record my morning mantra in my bullet journal, as part of my daily page, using tall lettering and encircling it with the outline of a cloud so it stands out. [See how it looks here.](#)

These are the exact mantras I've used over the 30 plus days prior to writing this. Each one reflected a particular need I felt in my heart and soul on that day. You can try them out or use them as a guide to make your own, because words that resonate with your own needs, wishes, or dreams will serve you most powerfully.

33 Morning Mantras to Transform Your Day

1. *This moment*
2. Single focus
3. Reconnect to rest
4. Quiet mornings
5. Be here now
6. Firm boundaries
7. Let go
8. Relax and breathe
9. Embrace your authority
10. Open your heart
11. Connect with spirit
12. Pause and appreciate
13. Fluctuate
14. Soften
15. Find your center
16. Be peace
17. Tender-hearted
18. Surrender to your spiritual self
19. Follow your passion
20. Know your own worth
21. Remember impermanence
22. Listen to your heart
23. Trust yourself
24. Rest
25. Contentment
26. Honor your boundaries
27. Share your wisdom
28. Be a pillar of strength and
clarity for others
29. Being
30. Speak the language of love
31. Let go of judgments
32. Let your intuition flow
33. Beginner's mind

I hope my morning mantras will inspire you to come up with your own list of empowering words and phrases that will help you transform your days in the best of ways.

If you found this workbook helpful and would like to explore an in-depth approach to stress relief, please check out my self-paced e-course:

[Living with Ease, the Mindful Way to Dissolve Stress](#)

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