



Meet to Marry Mantras

Which ones resonate with you?

Use these mantras to support and guide your healthy thinking on your journey to true love. Repeat them to your bathroom mirror and refrigerator or program them into your phone and turn them into a screensaver.

Be sure to look at these Mantras at least twice a day!

- ♥ Life is what it is. It has no agenda, certainly not mine
- ♥ There is no future in the past.
- ♥ Reality, don't leave home without it.
- ♥ Never date or marry potential.
- ♥ Be a mother / father to myself. How can I expect others to love me, if I don't love myself?
- ♥ Attachment is the enemy of happiness.
- ♥ How will I know? It will flow!
- ♥ I lived, I loved, and I learned.
- ♥ To thyself be true.
- ♥ Bad love is not better than no love
- ♥ If I'm in my comfort zone a moving backwards.
- ♥ No growth without pain.
- ♥ Challenge unhealthy thinking.
- ♥ Live life consciously.
- ♥ My thoughts and feelings are energy. Make sure their positive, The universe is listening.
- ♥ The only stable thing I can count on about life is that it will change.
- ♥ Feelings aren't facts. Facts are facts.
- ♥ Don't go against the flow of life.
- ♥ I attract what I send out.
- ♥ Act in the present to secure the future.

♥ FEAR = False Evidence Appearing Real ♥

