

INNER RESET MANTRA

And just imagine...

There's a version of you - already within you - who moves through life from trust.

Who knows when to act and when to rest.

Who speaks with kindness and strength.

Who doesn't need to control, because they know they are guided.

Can you feel that version of you?

Can you see what choices they make?

How they hold their energy?

What they say yes to - and what they release?

Your Daily Mantra

I am grounded in my calmness.

I am centred in the strength and power of my soul.

I am anchored in the truth of who I am.

I am safe. I am held. And I am loved.



EMPOWERED FREEDOM

by Saskia Pehlemann