

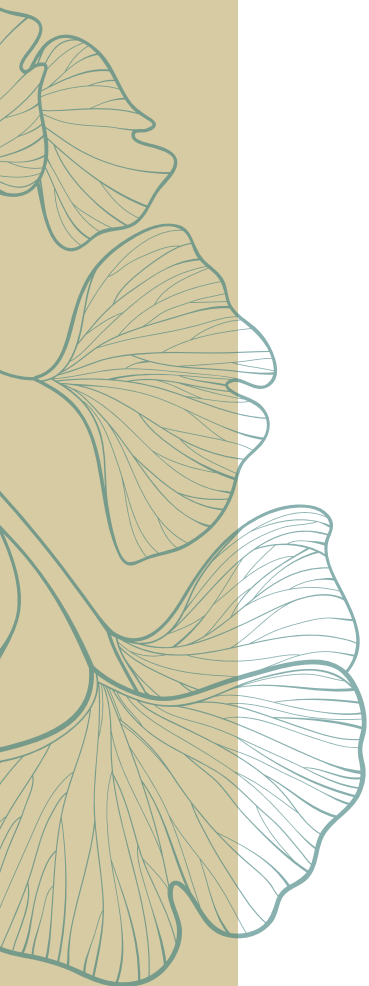


Bonus Guide

33 Mantras to Lead, Nourish
and Heal Your Inner World

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BONUS GUIDE

Anchored Within

True healing begins as you turn your attention inward and become the steady, compassionate leader your inner world has been waiting for.

These 33 mantras are not motivational fluff or empty words. They are invitations. Anchors. Firm, clear and compassionate truths designed to steady you through the chaos of inner conflict, self doubt, urges to self abandon and the daily demands of recovery.

Each mantra is here to help you step more fully into self leadership, not through control, but through connection. This is about learning to respond rather than react. To nourish instead of abandon. To guide instead of silence.

These mantras help you return to the truth: you are not your parts, you are the one who can hold them, who can hold boundaries with care, meet your parts with respect, and stay committed to the path of healing.

You don't need to have it all figured out. You just need to keep showing up. Let these mantras walk with you, one breath, one choice, one compassionate boundary at a time.

You are the guide, the anchor, the steady presence.

Come back to these mantras whenever you forget who you are. Because your inner world is listening as you learn to lead it with love and strength.

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Your 33 Mantras

Reparenting Mantras

1. "I am both the child who needs love and the parent who provides it. I can hold myself with care."
2. "I trust myself to meet my needs with patience, compassion, and grace."
3. "I honour all of my emotions, none are too much, there is space here for each of them."
4. "I am learning how to care for myself, and every small act of love counts."
5. "My parts are not a burden; they are sacred and deserve love."
6. "I do not have to be perfect to be worthy of my own care and kindness."
7. "I am allowed to ask myself what I need, and I am learning to listen."
8. "I release the energy from the old voices that tell me I am alone. I am here for myself now."
9. "I refuse to abandon myself. I stand by me, no matter what."
10. "It's okay to rest. I do not have to earn love or care, I am already worthy."
11. "I am building a home within myself, one where I feel safe, loved, and enough."

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Your 33 Mantras

Food and Body Mantras

1. "Nourishing my body is not up for debate. It is a commitment to myself and my future."
2. "My worth is not measured by my weight. I do not need to shrink to be safe."
3. "The discomfort of recovery is temporary. I can sit with it. I am stronger than it."
4. "I do not owe thinness to anyone. I owe myself care, strength, and safety."
5. "My body deserves care. Nourishing it is an act of self respect, not indulgence."
6. "I am learning to trust my body, and it is learning to trust me."
7. "Eating regularly is an act of survival, strength, and self-respect."
8. "I deserve a full life, not just an existence. That starts with nourishment."
9. "I am allowed to take up space, in body, in voice, in life."
10. "Being in my body is not a problem to be solved. It is a home to be nurtured."
11. "I trust that my body knows how to find balance when I care for it."

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Your 33 Mantras

Self Belief Mantras

1. "I am not powerless. I am learning to lead myself with strength and clarity."
2. "Even when life is hard, I am capable of rising."
3. "I refuse to let old narratives run my life. I'm writing a new story now."
4. "I am not a victim of my life. I am the one who gets to shape it."
5. "There is nothing wrong with me. I am learning how to hold myself differently."
6. "I can witness my pain without becoming it."
7. "I don't wait for permission to grow, I give it to myself daily."
8. "My story is not over, it is unfolding through each courageous choice I make."
9. "Adversity shaped me, but it does not own me."
10. "I am more than what happened to me. I am who I choose to become."
11. "I lead from within. That is where my true power lives."

Celia ♡

