



BOLD Mantras for Autumn

Bold mantra:

I'm in charge of my life's "report card" and I won't be hard on myself trying to earn external success grades.

Bold challenge:

Today I will say "no" to the things that make me feel like I'm not enough.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I will create a pop up sanctuary where I go to rest, refuel, and renew.

Bold challenge:

Today I will give myself permission to have more fun.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I will put myself in timeout when I need a break.

Bold challenge:

Today I will say “no” to things that don’t feel good – and things I don’t want to do.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

In the middle of a challenge, I will tell myself, “*I choose to think peaceful thoughts because this moment may not matter tomorrow.*”

Bold challenge:

Today I will work hard to not complain.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I will stop comparing myself to other people. I am enough.

Bold challenge:

I will spend more time with people who light me up – and don't deplete me.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I will extend the same amount of love and kindness to myself – as I extend to my loved ones.

Bold challenge:

Today I will ask for help when I am feeling overwhelmed.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I will say to myself “*I love you!*” when I’m having a meltdown.

Bold challenge:

Today I will take a break and not feel guilty about it.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

Putting myself in the front row of my life is a bold habit I support.

Bold challenge:

Today I will invite my desires to my “to do” list. I will make room to explore them.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I will be OK with doing my best – based on what my best is for me.

Bold challenge:

Today I will not over-schedule myself.

Top 3 Priorities for Today

Accomplishments

Notes:



BOLD Mantras for Autumn

Bold mantra:

I look for the perfection within the chaotic and imperfect moments.

Bold challenge:

Today I will write down my daily accomplishments before I go to bed.

Top 3 Priorities for Today

Accomplishments

Notes: