

Build Inner Strength Phrases

- ☐ *May I accept and find ease with things just as they are*
- ☐ *May I find the path to peace and healing*
- ☐ *May I meet life's inevitable challenges with an open heart*
- ☐ *May I be kind to myself*
- ☐ *May I hold my anger and fear lightly*
- ☐ *May I have strength, energy and vitality in my body*
- ☐ *May I find moments of peace*
- ☐ *May I grow in understanding so I can live with ease*
- ☐ *May my life be filled with happiness, health, and well-being*
- ☐ *May I know the natural joy of being alive*
- ☐ *May I have joy in my life*
- ☐ *May I allow myself joy*
- ☐ *May I awaken and be free*
- ☐ *May I have ease in my heart*
- ☐ *May I be filled with loving kindness*
- ☐ *May I allow love in*
- ☐ *May I learn the way to true happiness*
- ☐ *May I hold my fears with compassion and care*
- ☐ *May I become braver over time*
- ☐ *May I trust this world*
- ☐ *May I trust myself*
- ☐ *May I awaken to the light of my true nature*
- ☐ *May I feel connected and calm*
- ☐ *May I sense my worthiness*
- ☐ *May I accept myself just as I am*
- ☐ *May I love myself just as I am*
- ☐ *May I hold myself with compassion*
- ☐ *May I take care of my pain*
- ☐ *May I be safe and free from harm*
- ☐ *May I take care to stay free from injury*
- ☐ *May I be safe from inner and outer dangers*
- ☐ *May I let go of sadness and bad feelings*
- ☐ *May I let go of anger*
- ☐ *May I hold my pain lightly*
- ☐ *May I let go of difficulties*
- ☐ *Just as others wish to, may I live with happiness and ease*
- ☐ *May I know that I am worthy*
- ☐ *May I know that I am enough*
- ☐ *May I know that my needs matter*
- ☐ *May I be comfortable with being perfectly imperfect*
- ☐ *May I hold my fears and anxieties lightly*
- ☐ *May I learn the error of my ways*
- ☐ *May I look after myself with ease.*
- ☐ *May I feel the groundedness and support beneath my feet.*
- ☐ *May I tend to my discomfort and suffering with gentleness and kindness*
- ☐ *May I remember that I am worthy of compassion*