

Katherine's Mantra Manual

(To remind you of what you know to be true when moving from mud to flow.)

- Things are always working out for me.
- Everything I want is already here.
- My resources are unlimited.
- I never lose. I either win or I learn.
- I am pure positive energy.
- I care about how I feel and reach for better and better feeling thoughts because I know I must be a vibrational match to what I want to recognize and achieve it.
- I'm grateful for every experience that brought me to this place of expansion and understanding.
- I am meant to thrive.
- I serve others when I thrive.
- I bless those who are thriving for they are showing me proof of what's possible.
- What I'm looking for is looking for me.
- An abundant life is my birthright.
- No one has to do anything. We are all at choice.
- I'll never get all done. That's never the goal. The goal is to thrive right where I am at all times.
- Every conflict is an opportunity to practice my skills and get better.
- Every conflict is a gift to demonstrate that there is a better, healthier way to reach a satisfying conclusion to the other person, to myself, to my company, to my industry, to my family, and to the world.
- I speak to behavior and not in judgement of the person.
- I accept what I cannot change.
- I am confident and kind.
- I am positively energetic and expect things to go well.
- We create what we believe. We find what we're looking for. We get what we expect.
- They will learn from this experience today.
- I will learn from this experience today.
- I will learn one thing today that will make me better.
- I'm so lucky and grateful I get to do this.
- I love what I do.
- I know that in the end, all is well.
- I settle easily into the flow of wellbeing and goodness.
- I see the very best in others.
- I believe in the goodness of people.
- I believe in everyone's right to feel respected and loved.
- No matter what is in front of me, The Universe is rearranging itself for my best.
- Everything that happens is neutral. I give it meaning.
- I am not a victim. I am the creator of my own reality. I am responsible for my results.
- My results are my answer.

- I am an encourager.
- I am grateful to be in a position to influence this conversation in a way that benefits us both (all).
- I'm holding myself up to the person I aspire to be.
- I am proud of who I am and who I am becoming.

Inspiring Quotes:

- “In India, we have a saying, “Everything will be alright in the end. So, if it is not alright, it is not yet the end.” (from the movie, The Best Exotic Marigold Hotel)
- “Wherever there is a human being, there is an opportunity for kindness.” Seneca
- “Before you speak, ask: Is it necessary? Is it true? Is it kind? Will it hurt anyone? Will it improve the silence?” Sri Sathya Sai Baba
- “The quality of our life is the quality of our communication.” Tony Robbins
- “If you just communicate, you can get by. But if you communicate skillfully, you can work miracles.” Jim Rohn
- “I am not the product of my circumstances. I am the product of my decisions.” Stephen Covey
- “I never lose. I either win or I learn.” Nelson Mandela
- “As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” Marianne Williamson
- “Peace is not the absence of conflict, but it is the ability to handle conflict by peaceful means.” Ronald Reagan
- “Listening is being able to be changed by the other person.” Alan Alda
- “The way must be in you; the destination also must be in you and not somewhere else in space and time. If that kind of self-transformation is being realized in you, you will arrive.” Nhat Hanh

Inspiring Ideas:

- Most people are good and want to do well, even when their actions sometimes look otherwise. See the good in people and speak directly to the best, most loving and capable version of them.
- Anytime you feel a negative emotion, stop and say: *Something is important here; otherwise, I would not be feeling this negative emotion. What do I want?* And then simply turn your attention to what you *do* want. In the moment you turn your attention to what you want, the negative attraction will stop; and in the moment the negative attraction stops, the positive attraction will begin. And—in that moment—your feeling will change from not feeling good to feeling good. That is the *Process of Pivoting*.

- When you allow a full alignment with the Source within you, unpleasant things that may be happening around you will not matter. Instead of being influenced by the unwanted things that are happening, you will be influenced by your alignment with Source and with well-being.
- Child of mine (or employee of mine), I will never do for you that which I know you can do for yourself. I will never rob you of the opportunity to show yourself your ability and talent. I will see you at all times as the capable, effective, powerful creator that you've come forth to be. And I will stand back as your most avid cheerleading section. But I will not do for you that which you have intended to do for yourself. Anything you need from me, ask. I'm always here to compliment or assist. I am here to encourage your growth, not to justify my experience through you. (Abraham Hicks)