

10 Positive Mantra

Be present



Focus on progress, not perfection



Let go of what you can't control



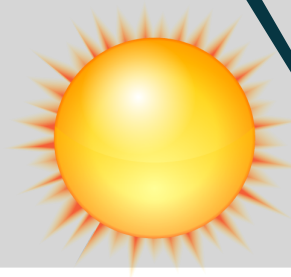
Choose your thoughts wisely



Take things one step at a time



Be proactive, not reactive



Be kind to yourself



Think positively



Don't give up



Be grateful

