MAY MINDFUL MANTRAS AND REFLECTIONS

SILVIA MORDNI, SPEAKER, COUNSELOR & COACH

I am present in each moment.
Bring your awareness to your surroundings. Notice the sights, sounds, and sensations around you with curiosity.

I cultivate peace with each breath.
Close your eyes and take a deep breath. As you exhale, release any tension or stress you may be holding onto. With each breath, invite a sense of calm.

I welcome new opportunities.
Reflect on the possibilities that lie ahead. Embrace a mindset of openness, welcoming new experiences and opportunities for growth into your life.

I choose self-love and compassion.
Offer yourself words of encouragement and support, recognizing your worth and inherent value.

Gratitude fills my heart.
Reflect on the people, experiences, and moments that bring you joy and gratitude. Let gratitude fill your heart with joy.

I am open to change and growth.
Welcome change with an open heart and mind. Trust in your ability to adapt and evolve, seeing change as an opportunity for personal transformation.

I honor my needs.
Tune into your body and mind, acknowledging your desires. Prioritize self-care, honoring your physical, emotional, and spiritual well-being.

I trust my intuition.
Connect with your inner wisdom and intuition. Trust in your instincts and inner guidance, knowing that you possess the wisdom to navigate life with clarity and confidence.

Silvia is a highly sought-after speaker, author, and knowledge leader with over 20 years of experience in inspiring people to live a more mindful, fulfilling, and happy life. As a former Fortune 500 senior executive, she brings a unique perspective to her work and is the creator of dozens of courses on topics focused on helping people incorporate healthy habits and mindfulness into their daily routine.

In addition to her courses, Silvia is also the creator of the 10-year-old YouTube channel LIFE inspired and the blog Love Your Day. Her work has been featured on popular platforms like HuffPost, Gaia, MindBodyGreen, and many more. Silvia's teachings have been described as "life-changing," and she is known for her ability to inspire happiness, global awareness, and joyful living.

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