



# 20 Free One Minute Hone & Tone™ Power Mantras

A gift to start your day off  
with calm, centered energy.



## One Minute Hone & Tone™ Power Mantras (1-20)

I rise calm, clear, and confident.

Today I choose peace over pressure.

My mind is clear.

My heart is open.

My energy is strong.

I am grounded, guided, and protected.

My breath centers me in power.

I move through today with grace and strength.

I trust my inner guidance.

I am steady in my presence.

My focus is clean and sharp.

My body is awake and aligned.

My spirit is calm and strong.

I choose clarity now.

I choose discipline with ease.

I act with calm authority.

I release what drains me.

I honor my pace and my peace.

I return to center instantly.

I am ready.



## HOW TO USE THIS

- ▶ Read one or more mantra each morning
- ▶ Breathe and receive
- ▶ Return daily for steady calm power
- ▶ Come back to the mantras when you need to balance or center yourself.

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*We wish you peace, calm and enlightenment on your journey! Namaste!*





# Many Blessings.

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