

# 7 Powerful Mantras for Stroke Recovery

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Our self-talk matters – a lot. By repeating positive affirmations, or mantras, to yourself everyday, you can rewire your thoughts to be uplifting and motivating.

Then, even when you're not trying, you'll think more positively and gain momentum towards [achieving your goals](#).

## *1. Overcoming adversity only makes me stronger*

Strength has two components: physical and mental. Physical strength comes from putting in the hard work, and mental strength naturally develops as you continue your efforts – no matter the obstacles.

Everything is an opportunity for growth, we just have to keep reminding ourselves of it.

## *2. I will succeed now because I have succeeded many times before*

Can you recall your last big accomplishment?

If not, you should keep track of your accomplishments, both big and small, in a journal. (It's one of the [keys to building confidence](#).) This habit keeps you focused on what you've done well so that you can continue the pattern in the future.

When you're filled with doubt and anxiety, you can look back in your journal and realize how far you've come.

### *3. I am enough*

For many of us, the concept of being enough is all too foreign.

In a society where we're constantly striving for more – more money, more success, more health, more freedom – it's easy to overlook the thing staring us straight in the face every day: how enough we already are.

You are enough as you are, right here, right now. And you don't need to change anything to feel this way. Remind yourself of this every day, and eventually it will stick.

### *4. I will deflect negative emotions away from myself*

When we're frustrated, angry, or upset, we usually take our emotions out on the one person who doesn't deserve them: ourselves.

We need to find appropriate coping mechanisms for negative emotions, like talking to a friend, writing in a journal, or – better yet – [meditating](#).

Then, when those feelings are properly managed, we leave the negativity at the door and channel our focus, love, and attention into ourselves.

### *5. I will not criticize my imperfections*

Everyone is perfectly imperfect, and we are also our own worst critic.

Notice the parts of yourself that you're having a hard time accepting, and see if you can choose to love those parts. You, in all your imperfect glory, are deserving of love just as every single imperfect being on this planet also deserves love.

Treat yourself the way you would treat an imperfect friend: with love and compassion instead of judgement or shame.

### *6. I'm working towards progress, not perfection*

For a perfectionist, it's hard to stay motivated when they [don't think 100% success is possible](#). This prevents them from actualizing their full potential.

Keep putting one foot in front of the other, and shift your attention to the process instead of the outcome.

When you aim to improve 1% everyday, instead of 100% somewhere in the far distant future, it's easier to stay optimistic and driven.

*7. I can always fight the battles of today*

We can always fight the challenges of today. It's when we add the infinite challenges of yesterday and tomorrow that we grow overwhelmed.

Stay focused on today, celebrate the little things, and keep reminding yourself of how awesome you already are.