

## Create a personal Mantra

A mantra is a positive statement, phrase or affirmative statement that you say to yourself for the purpose of motivation or encouragement. It could be a favorite quote, a power phrase, a proverb, an affirmation – anything that resonates with you.

The only rule is that it has to **motivate and inspire** you to be your best self.

1. Begins with “I” – By using “I,” you call on yourself (and no one else) directly to enact change!
2. Hopeful, open-ended words that remove common anxieties and boundaries. Words like “limitless,” “endless,” “infinite,” “bottomless,” and “unlimited.” You can sub in phrases like, “I can do anything” and “Everything is available to me.”
3. Inclusion of the quality you need to manifest – What are you doubting? Your strength? Your willpower? Your bravery? Include it in your mantra since THAT’S the word you need to be reminded of.
4. A specific goal or outcome – Close your personal mantra with a specific event or reason that makes success feel tangible.

Fill in the blank with a positive affirmation:

I am \_\_\_\_\_. I can \_\_\_\_\_.

**Suggestions** for how to use your personal mantra to empower yourself to success:

- Before you even get out of bed in the morning, repeat your personal mantra in your (or out loud) 3-5 times. This will set you up for success in the day ahead by starting it off on a positive, motivating note!
- Repeat your personal mantra in your head when you’re gearing yourself up to take on a particularly challenging task.
- If you’re feeling stressed and overwhelmed – take a timeout and head to a quiet place where you can be alone for a few minutes (the bathroom works great!)

Revive yourself by repeating your personal mantra out loud a few times. It will remind you of your goals, your dreams, and re-frame your mindset to be positive.