A *mantra* is words or a phrase that you can repeat to yourself as a personal affirmation. Think of it like this: What you think, you become! Thoughts and words can shape us, both the thoughts we speak inside our own mind and the words directed at us from others, when we internalize those words. Mantras are everywhere, and they are very powerful in every form they take. They can have either a positive or a negative effect.

The negative voice in your head becomes a mantra: “I can’t do this. I’m afraid. I’m not good enough.” Eventually, these become a kind of truth, because a person who has these thoughts will react fearfully, will doubt himself.

Instead create a positive mantra that you can tell yourself so often it becomes the truth. It might take a few tries to create the right mantra, or you might have several, depending on how you are feeling or what you are doing!

**Mantra #1:**

**Mantra #2:**

**Mantra #3:**