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# 6 DAY MANTRA GUIDE

(Take a break on Sunday!)

Week: \_\_\_\_\_

Dates: \_\_\_\_\_

**Insert two of these words into each box to create your MANTRA OF THE DAY!**

- HAPPY**
- LOVING**
- KIND**
- PEACEFUL**
- CALM**
- RESPECTFUL**
- BRAVE**
- HEALTHY**



**Say each one five times out loud or in your head after you've written them!**

## Monday

Today, I will be  
 .....  
 and  
 .....  
 May I always be like this

## Tuesday

Today, I will be  
 .....  
 and  
 .....  
 May I always be like this

## Wednesday

Today, I will be  
 .....  
 and  
 .....  
 May I always be like this

## Thursday

Today, I will be  
 .....  
 and  
 .....  
 May I always be like this

## Friday

Today, I will be  
 .....  
 and  
 .....  
 May I always be like this

## Saturday

Today, I will be  
 .....  
 and  
 .....  
 May I always be like this

