The 21 Day Mantra Plan

So this is where we are going to work on some mental health. Some good stuff in and out.

This is not meant to be hard or difficult. And it may seem silly at first but remember that if you don’t program your own thoughts someone else will.

I want you to go to a mirror. Look at yourself. Look into your own eyes. Breathe deeply. In through your nose. Out through your nose. Breathe like this 10 times in a row.

Now say the following to yourself. Maintain eye contact with yourself as much as possible.

“I see you. I see the stuff that I am not proud of. But I see the things I am proud of. I see you as the most wonderful person I know. I know sometimes I don’t show it or say it enough, but I love you. I really love you. I am so proud of who we have become. We made it this far and we will continue to grow and make this life better. I love you”

Now do this for the next 21 days. I am leaving numbers below for you to scratch off each day. If you cannot print this page out, put a notepad and a pen by the mirror and just write down the number everyday.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

Additional challenge!

For the next 21 days, every morning, when you first wake up I want you to get up on your feet and say “I love myself and I love my life”

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21