



ACTIVITY: Personal Mantra

Purpose

- Understand what a personal mantra is.
- Create a personal mantra to help propel you toward your best self or toward goals.

ESTIMATED TIME

15 minutes

MATERIALS Required:

- A. Paper/journal
- B. Pen

Background

A mantra is an ancient meditative practice that aids in creating an optimal experience. Sakara, translates into the manifestation of thoughts into things. Meaning, we are the agents of change in our own lives and can live the life we want as the person we want to be. Repeating mantras aid in that manifestation of personal contentment through repetition of focused, conscious desire. In a nutshell, it helps to propel us to our highest and best selves and can help to achieve what we most desire. One traditional mantra and arguably the simplest to repeat is Om (ohm) which is an acknowledgement of connection between all beings.

Another approach to mantras is the personal mantra. Your mantra should be as unique as you are – reflecting what you most desire. Regardless of the mantra, the one thing that is required is that it must be authentic to you. Some examples of personal mantras are...

I will create positive change.

Who I am is enough. What I do is enough. What I have is enough.

I will release what does not serve me.

My presence holds power.

I'm choosing happiness.



Activity

1) Spend 10-15 minutes, distraction-free with your journal:

Plan this in the morning when your mind is fresh. Free-write about what you desire now. Don't judge, let it flow fluidly.

2) Review your journaling and identify what resonates most with you and is something you'd like to focus on:

It may be helpful to circle or highlight the words or phrases that stand out.

3) Decide which idea, goal, concept, emotion, etc. is what you want to focus on first:

Turn it into a declarative statement. For example, if you want financial security, write "I have everything I need to live abundantly."

4) Build 5-10 minutes into your daily schedule with quiet time to focus and repeat your mantra to yourself:

You could do this when sitting, walking, commuting, etc.

Discussion Questions

- Ask participants to share their personal mantra and why they chose that word or phrase.
- Is how can repeating/focusing on this personal mantra help them?
- When will they build quiet time in their day to focus on this?

Let's Try This!

To make the activity more engaging, have team members decorate the attached coloring pages and write their mantra in the middle. Then ask them to place it in a highly visible place (cubical, refrigerator, etc.).

Follow-up

Check back with the team after 1 month (or other agreed upon timeframe) to see if focusing on and repeating their mantra has helped them.







