

Find your mantra
with



mantra[®]

JEWELLERY



1. Happy word/s

Think of three occasions when you were really happy.

Pick one from childhood, one from adulthood and one from the last few weeks or months. Write each down:



Childhood: _____

Adulthood: _____

Recent: _____

Now think about those occasions and write down what it was about those three occasions that contributed to your sense of happiness (e.g. 'Freedom', 'Trust', 'Family').

Now write down two or three words that bring to mind all three occasions. (e.g. 'Beach', 'Godmother', 'Manhattan').



These occasions will be the ones you bring to mind, when you want to change your mood. The idea isn't to feel nostalgic, but to remember what happiness feels like.

Practise saying them to yourself, as you recall the happy occasions. Use them to change your mental state and mindset, when feeling down.

Write these words on your Mantra card, to remind you of the three occasions.



2. Power word/s

Think of three occasions when you achieved something - a time when you felt really proud, or you overcame the odds, or did better than you or anyone else expected.

Again - one from childhood, adulthood, and one recent one.

Childhood: _____

Adulthood: _____

Recent: _____

Write down a simple phrase that captures that sense of achievement - something simple and powerful, like 'I did it!' 'I made it!' 'I got this!' 'I achieved that!' 'It was all down to me!'



Note this phrase on your Mantra card, along with a few words to remind you of the three occasions. The idea isn't to feel nostalgic, but to remember what achievement feels like.

Use it to change your mindset, before and during a challenge.





3. Gratitude



Write down three things you are grateful for.

One relating to yourself, one to your close relationships, one other.

Yourself: _____

Relationships: _____

Other: _____



Bring these three to mind when you feel frustrated, angry, disappointed with life or with someone, to remind yourself of all that you have in life.

Write them on your Mantra card.





4. A Mantra for Now

What area of your life are you worrying about the most?

Money

Personal relationship/s

Friendships

Work/career

Family

Health/Fitness

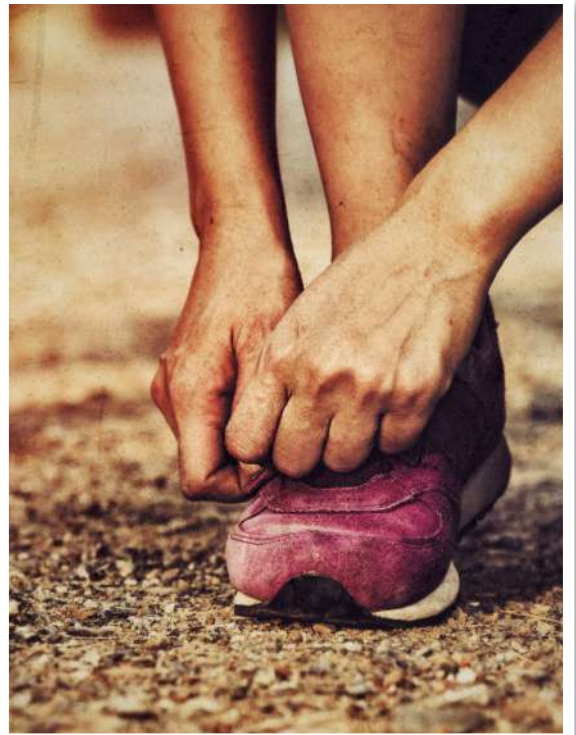
A physical challenge

Appearance

Change/fear of the unknown

Environment

Other: _____



Describe clearly your main concern in this area, stating it as specifically as possible:



Focusing on just the aspects of it that can be changed – what is there in YOUR behaviour that might be contributing to the problem or situation?



4. A Mantra for Now

Now write out a clear sentence describing your own behaviour, in the most negative terms, that is contributing to the problem:

e.g. 'I want to find a new, more fulfilling job, but I am not making sufficient effort to find one, because I am worried that I will get rejected at interview, or I won't like the job'.

Now, flip this negative description into a positive and powerful statement of success and confidence:

e.g. 'I am the right candidate for the job I choose: I will get the role, I will love it and do well. It's the right job for me'.

Shorten this into a phrase that summarises the full sentence – this is your Motivational Mantra. Saying it to yourself should bring the longer statement to mind:

e.g. 'Right candidate, right job'

Repeat this to yourself regularly. Spend several minutes a day repeating it; find a routine, when you are driving, showering, getting dressed, or whenever works for you – to repeat it. Write it on cards and post-its and stick it where you will see it.





5. A Mantra for Life

Now you have completed all of the different sections, go back and reflect on these, to bring all your feelings together.

In time, you are aiming to bring the things that make you happy, and the way you feel when you achieve great things, together with what you want out of life, to create a 'Mantra for Life', rather than just focusing on a Mantra for Now.

A good starting point is to create a 'Vision Board' for what you want your life to look like. Draw, or stick pictures, or use a programme like PowerPoint, to create a picture of the important people, places, things, activities and achievements you want in your ideal life, and the values that are important to you. It should include the things that make you happy, the things you are grateful for, and the sense of achievement you recalled earlier. Spend some time doing this, to get it right – it should inspire and motivate you.

Looking at this Vision Board, try to craft a sentence which brings it to mind for you. This could be a quote you have read; a favourite phrase or line from a poem; a piece of advice you have been given; or your own sentence. For example, 'Live the life I have imagined', or 'Hard work brings sweet rewards', may work for you to bring your vision to mind. Or you might want something much more specific – 'Freedom through achievement' might sum up the freedom you are seeking, but with the sense of achievement that is important to you.

Work through it a few times, to see what resonates for you. Once you have your sentence, craft it into a short, memorable mantra, which brings to mind what you want out of life, or what is important to you.

(You can even have it engraved on a necklace, with Mantra Jewellery.)



6. Read suggested mantras

You may be finding it hard to write the exact phrase that you personally find motivational; or are finding it hard to narrow down a specific area.

Look back at the areas of your life you said you were most worried about, or consider what might be holding you back.

Read through our suggested mantras overleaf on that topic, to see if any resonate with you.



Loved, morning, noon and night

Loved and adored

You make my life wonderful

Life is amazing with you by my side

You are my sun, my moon, my stars

'Our beautiful place' - Let's find a beautiful place and get lost together

'Joy in my heart, love of my life' You're the reason I smile, you're the joy in my heart, you're the love of my life

Love will guide me

I choose love

I attract love

I am loved

I am loved, protected and blessed



Love surrounds me

My heart is open

Love will find me

My life is full of light and love

May your life be filled with love

Love with an open heart

Always in my heart, forever in my mind

My heart is full of love



HAPPINESS & WELL-BEING

Laugh often and much

Today is going to be a great day!

Do more of what makes you happy

Life isn't about waiting for the storms to pass, it's about learning to dance in the rain

Find your happy place

When it rains, look for rainbows

Fill the world with sunshine everyday

Always look for the good

You only have one life: live it well

The purpose of life is to be happy

Seek the sweet moments in every day

Live, love, laugh



Life is beautiful

Today is going to be amazing

Today is a good day

Today I am excited about everything

Something wonderful is about to happen

I choose happiness, success, abundance

Keep your face to the sunshine

Life is better with a smile

Happiness is the journey, not the destination

Make life sparkle

Be Happy, Be Bright, Be ME!





DIRECTION & DREAMS

Always go forwards

Explore, dream, discover

The adventure awaits

The adventure begins

If the wind will not serve, take to the oars

The open road is calling

Climb over the hill and see what you find

Dare to dream



Enjoy the journey

The world is your oyster

A journey of a thousand miles starts with a single step. Take that step

Go confidently in the direction of your dreams. Live the life you have imagined.

Life is a journey to be lived, not a destination to be reached

'Throw off the bowlines, sail away from safe harbour, catch the trade winds in your sails. Explore, dream, discover' - Mark Twain



SELF - BELIEF

I am the architect of my own destiny

Attitude is more important than facts

Create the life you want

My courage is stronger than my fear

Without darkness, there would be no stars

Throw your heart over the bar and your body will follow

Let my faith be bigger than my fear

Dance like nobody's watching

*Life isn't about finding yourself,
it's about creating yourself*

Dream it, believe it, achieve it



This too shall pass

I have a choice

Choose to shine

Be a lover, a giver, a believer, an achiever

Never let anyone dull your shine

Feel the fear and do it anyway

Shine your own light, follow your own path

If it was easy, everyone would do it

Speak your mind, with all your heart

I am fearless and therefore powerful

What's for me will not pass me

When life holds you back, aim forward



Never stop dreaming

Carpe diem

Everything is possible

Live the life you have imagined

Inspire hope, ignite dreams, change lives

Love, hope and adventure

Change my thoughts, change my world

Create your own world



Be a lover, a giver, a believer, an achiever

Only an open heart will catch a dream

Dream big, live well, love truly

Inspire others

Anything is possible, if you believe

Something wonderful is about to happen

What inspires you, fires you

Dream it, believe it, achieve it

The adventure begins





Let go

All is well in my world

Slow it down

Just breathe

This too shall pass

After a storm comes calm

Everything is as it should be

Slow down and smell the roses

I breathe in calmness

I remain calm in the chaos

Every morning, I am born again

Let go of the past and it will let go of you

I am calm, safe and grounded

Everything happens for a reason

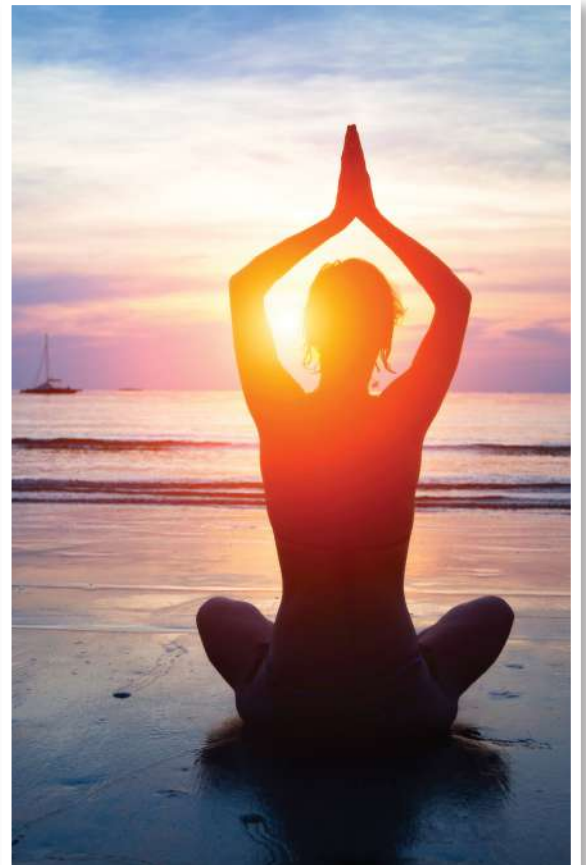
My inner being is calm

Rest my mind, calm my heart

I speak from my heart and have no regrets

Calm my soul, find my truth

Calmness washes over me



*To find out more about
the world of mantra, visit...*



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