

MINDFUL MANTRAS

Meditations don't need to be long or drawn-out. Sometimes you just need a quick meditation to give you a boost.

One way to have a mini mindful moment is by saying a mantra. A mantra is a little phrase you can say to yourself, in your head or out loud, that makes you feel positive and strong, such as, "I am happy and I am well".

These yellow bubbles contain mantras - but there are gaps in each of them! To complete the mantras, use words from the list below:

happy
kind
loving
generous
healthy
well
strong
brave
calm
peaceful

Today will be
a _____ day
and I'll do my best to
make it so.

I will be
_____ and
_____ to
everyone I meet
today.

May I be _____
and _____. May you
be _____ and
_____.

I will smile
and be _____ as
much as I can.

I am _____ and
I am _____. May
I always be like this.

You can mix and match how the words fit into the mantras, depending on the day, your mood and what works for you in the present moment.