

## EXERCISE: CREATING A MANTRA

Having toughness, or emotional resilience, isn't as easy as it would seem, especially when you are in the middle of a stressful or challenging situation. For those moments, it is great to have a phrase or mantra that reminds you to be tough and persevere!

You can easily create a mantra using the other values learned in HEART by following the four-part structure below. Review the format and samples and then make your own!

**The first part is about mindfulness, or being present in the moment, for example:**

- *This hurts a lot right now*
- *In this moment, I am struggling*

**The second part reflects our common or shared humanity, for example:**

- *I am not the first person to...*
- *Other people feel this way too*

**The third part is where you show yourself empathy, for example:**

- *I am strong and will overcome*
- *May I be kind to myself as I go through this*

**The fourth part reminds you of your toughness and that you deserve joy, for example:**

- *My needs are important*
- *I've been through a lot, and will overcome*

Now it's your turn! Use the lines below to draft 3 different mantras. Recite your mantra daily or when you are experiencing a difficult time.

---

---

---

---

---

---

---

---

---

---