

Create a Meaningful Mantra

I'm tired of feeling...

I'm ready to accept...

Write a letter to the bad feelings or words and accept the new ones.

Ideas:

Dear _____, Don't let the door hit you on the way out!

Goodbye _____, Hello _____!

_____ has no place here!

You are not _____. You are _____.

Brainstorm your mantras here:

My new mantra:
