



How to create a mantra worksheet

Section A

Following are some tips to make your mantra effective

1. Use the Pronoun "I" to start your mantra. This will indicate to yourself to pay more attention and using "I" will make it more personal.
2. The statement must be affirmative. Using questions or adding "Not" to a sentence can make it less desirable. It should sound like a fact.
3. The statement should be eliminating your doubts about yourself. For example, if you have doubts about your level of confidence then your mantra can be "I am confident".
4. it's okay and even advisable to make it exaggerated especially if it makes you feel positive. For example, saying "I have all the confidence in the world" is an empowering statement for many.

Section B

Something about yourself that thinking about it makes you feel negative? (It could be a thought pattern (fear of social interactions) or a behavior (overreacting to things))

Something about this feature of yours that you'd like to believe is still under your control? (E.g. you believe that the right type of topic can make you interact well or you can resist from over reacting)

What do you want to feel if you achieve this goal? (E.g. confidence, sense of control)

Now refine the above responses into a statement which claims that you have already achieved what you want. (Example: I am confident enough to make good conversations or I am calm and in control etc)

References

[Arguiza, L. \(2020\). The effect of positive affirmations on self-esteem and well-being in college students. https://doi.org/10.33015/dominican.edu/2020.psy.rp.02](https://doi.org/10.33015/dominican.edu/2020.psy.rp.02)

[Mantra, breath and faith-based meditation: Creative and posttraumatic applications. \(2019\). https://doi.org/10.4135/9781529704914](https://doi.org/10.4135/9781529704914)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.