



How to create your mantra

1) Visualize what you want more of in your life. How do you want to feel? What results do you want?

2) Create the motto you want your future self to live by. Write it in the present tense (like you are doing it already).

3) Design it however you like, then put it on your phone, computer, the mirror—wherever you'll see it.

4) Repeat it each day. Start and end your day with it. Take a deep breath and say it to yourself whenever you need a boost.

