

## **Mantras**

A Mantra is a repeated word or phrase, often a truism. It stops the drain of negative energy and focuses us on that which inspires us to persevere in the moment!

### **Grit Mantras**

- I can! We can!
- It's all good!
- Stronger Every Step!
- DEQ - Don't Ever Quit!
- A good mental training day.
- Quit tomorrow, never in the middle.
- The further I go, the stronger I get!
- Nothing to prove. Nothing to lose.
- Conviction. Act definitively on what I believe!
- The Fortune is in the follow up. (A Mantra from Sales)
- Destiny will favor the prepared in mind, body, and soul.
- The worst part of the day is over (getting out of a warm bed).
- The world belongs to the energetic." (Ralph Waldo Emerson)
- "Feeling good, Looking good, ought to be in Hollywood!" - Mark Divine
- "The successful warrior is the average man with laser like focus." - Bruce Lee

### **Courage Mantras**

- Don't be afraid. Fear Nothing!
- Take a stand!
- Run to the guns!
- I am safe, perfectly safe, given the best of care.

### **Faith Mantras**

- Run and not grow weary. Walk and not be faint.
- With my God, I can! With your help, I can!
- Jesus finished well ("It is finished"). So must I!
- Jesus carried his cross. Carry yours.
- "Lord, help me get one more!" (Hacksaw Ridge)
- Because of Him, I am enough! What I do is enough!
- I am good. What I have chosen to do is good enough.
- Be brave. Be strong. Don't give up. Expect God to get here soon.
- He gives strength to the weary AND increases the power of the weak." (Isaiah 40:29)

### **Various Mantras**

- Finish Well. Love Well.
- Run! Jump! Play!
- We get what we tolerate
- "Simplicity is the final achievement." - Frederic Chopin