



## YOUR MANTRA

The way our lives look is entirely up to us. We are creating, whether by design or by default, at all times. So many of us create our lives unconsciously (by default) and get “default” results. If we want to create a meaningful life that excites us, we must get clear and specific with what we want to create so that we can literally design our life, moment by moment. When you’re clear on why you’re here and HOW you intend to create your WHY in the world, nothing can get in the way of it.

Your Mantra is the “HOW” to your Mission Statement’s “WHAT” and “WHY.”

Yesterday we played with creating your Soul’s Mission Statement. Pretty cool, right? BUT- when we’re in a crunch, out in the real world, and need a quick jolt back into alignment, we need something a little shorter + spunkier that we can remember. That’s why we are going to create your MANTRA. The Mission was about declaring the WHAT (what you will do) and the WHY (why you will do it); while the Mantra explains HOW the Mission gets accomplished.

### Examples of Mantras:

Create shit that matters. (HOW Alexi accomplishes her Mission Statement)

Create experiences that nourish others.

Have fun and be nice.

Create love and joy everywhere.

Inspire with authenticity.

With the words that came up from your Mission Statement worksheet in mind, **create a HOW statement that will support you in accomplishing your Mission Statement**. Keep it short and sweet (5 words or less!) and let it be something that MOVES you.

**MY MANTRA:** \_\_\_\_\_

**YOUR STEP OF GREATNESS: Rewrite and post this Mantra wherever you will see it A LOT.**