# Mantra Exercise

The website SCL Health has the following to say about mantras:

“A mantra is traditionally a short sound, word or even phrase spoken in Sanskrit and used for meditation purposes. It’s uttered in repetition to help keep our mind and body focused on the moment…But in our modern day and age, the term ‘mantra’ has been co-opted to include self-affirming statements that give us the strength and confidence to face the world. But the underlying purpose is still the same: It’s a way to focus our intentions and calm our minds.”

The following 15 mantras are taken from the website The Strive:

* You Didn’t Come This Far to Only Come This Far.
* You Get What You Focus On.
* You Can Find an Excuse or You Can Find a Way.
* Wake Up. Kick Ass. Be Kind.
* I’m Doing This for Me.
* Action Conquers Fear.
* Yesterday You Said Tomorrow.
* Don’t Wish for It, Work for It.
* Excellence Does Not Require Perfection.
* Our Intentions Create Our Reality.
* If You’re Tired of Starting Over, Stop Giving Up.
* Know Your Limitations, and Defy Them.
* One Year Equals 365 Possibilities.
* You Miss 100% of The Shots You Don’t Take.
* It’s The Start That Stops Most People.
* After reviewing this list, do you see one (or more) that stands out as being good for you? Which one(s), and why?
* What do you think would be a good mantra for this course? For college? Feel free to choose from the list or make up your own, or even bring in a new one you found elsewhere.