

Super Soren Mantra Creation



Mantras are short “I am” statements that help build confidence. They are terrific tools that children can use to support themselves and develop a positive self-image.

Soren’s mantra is, “I am strong! I am brave! I am smart! I am Super Soren!”

Here are some adjectives (*words to describe something*) that can be used to create your own mantra. Check-mark the adjectives which describe you.

happy	kind	strong	brave	smart	intelligent
creative	artistic	adventurous	adaptable	compassionate	considerate
empathetic	hard-working	generous	intuitive	persistent	reliable
steady	sincere	wise	witty	funny	courageous
clever	easy-going	friendly	honest	lucky	sympathetic

There are many adjectives that are not on the list above. Are there any other adjectives that describe you? If so, what are they?

Pick 5 of the adjectives that best describe you. Write them below.

1. _____

2. _____

3. _____

4. _____

5. _____

Now you get to write your own mantra! Add “I am” in front of the 5 adjectives that best describe you. Once you have these 5 sentences written below, say them aloud.

Repeat your mantra in tough times. It will help you feel better and stronger.

1. _____

2. _____

3. _____

4. _____

5. _____