

# WEEKLY MANTRA

"I am strong. I am smart. I am kind."

In each box below, write one thing about yourself that is TRUE regarding the statement.

**"I am strong."**

How are you strong enough to get through something physically or mentally?

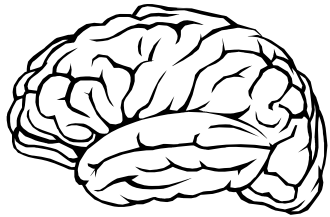


• •

• •

**"I am smart."**

You are smart!  
What do you excel at?

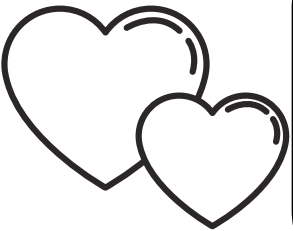


• •

• •

**"I am kind."**

How are you kind to yourself?  
How are you kind to others?



• •

• •