

CHOOSE YOUR ATTITUDE



Mirror Mantra Challenge!

Every morning, before you start your day, stand in front of a mirror and state your *Mirror Mantra* - a positive affirmation that sets the tone for your day. Just like choosing your outfit, you're choosing your attitude. Will you choose confidence, optimism, and kindness? Or frustration and stress? The choice is yours.

This challenge is all about being intentional with how you show up every day. Words have power, and when you speak them over yourself, you begin to believe them.

How to Participate:

1. Create Your Mirror Mantra.
 - Choose a short, powerful statement that reflects how you want to show up.
 - Example: *"Today, I choose confidence and compassion."*
2. Say It Out Loud Every Morning.
 - Stand in front of a mirror. Look yourself in the eyes.
 - Say your mantra with conviction. Repeat it three times.
3. Own It Throughout Your Day.
 - When challenges arise, remind yourself of your mantra.
 - Adjust your mindset if negativity creeps in.
4. Reflect at Night.
 - Before bed, ask yourself: *Did I live out my mantra today?*
 - Adjust and refine it if needed.

Follow Up:

- ✓ Say your Mirror Mantra aloud each morning for 21 days.
- ✓ Track your progress in a journal or note how you feel each day.
- ✓ Complete the challenge for 21 days to form a lasting habit.
- ✓ Leave a short video testimonial or a comment here in the community to encourage others, ask for advice and let us know how this helped you choose your attitude.

Bonus:

Want extra accountability? Share your Mirror Mantra on social media and tag three friends to join the challenge!

Final Thought:

You can't always control what happens, but you *can* control how you show up. Choose your attitude. Own it. And watch how your days transform.

Are you ready to take on the **Mirror Mantra Challenge**? It all starts with one simple choice!