

Create your own positive mantra by selecting your birthday month, eye colour and first letter of your name.

Write down your mantra and create a poster...

YOUR BIRTHDAY MONTH

JANUARY I BELIEVE THAT...	FEBRUARY FROM NOW ON...	MARCH TODAY...
APRIL I KNOW THAT...	MAY I SMILE AND TELL MYSELF THAT...	JUNE I AM THANKFUL THAT...
JULY I WILL NOT FORGET THAT...	AUGUST EVERYDAY I AM REMINDED THAT...	SEPTEMBER I AM LEARNING THAT...
OCTOBER I AM CONFIDENT THAT...	NOVEMBER I IMAGINE THAT...	DECEMBER I UNDERSTAND THAT...

YOUR EYE COLOUR

 BROWN	 BLUE	 GREEN	 HAZEL	 GREY
EVERY ACCOMPLISHMENT...	ALL DREAMS...	ONE KIND WORD...	BEING POSITIVE...	WORKING HARD...

THE FIRST LETTER OF YOUR NAME

A-C WILL BRING RESULTS	D-F BEGINS WITH DECISIONS
G-I WILL MAKE A DIFFERENCE	J-L WILL MAKE GOOD THINGS HAPPEN
M-O CAN ACHIEVE MORE	P-R WILL MAKE ME HAPPY
S-U WILL DETERMINE HOW I LIVE MY LIFE	V-Z WILL MEAN NEW BEGINNINGS