**Mantras by Megan**

Practice kindfulness

Less rush, more hush

You are limitless.

Live a ~~little~~ LOT!

**Mantras can help us:**

Accept

Affirm

Aspire

Reclaim

Remind

**A mantra is…**

* a gentle guide
* a steady friend
* a zoom in or a zoom out
* a compass
* for private contemplation

**A mantra is not…**

* a guilt trip
* a quick fix
* a binding contract
* a roadmap
* for public consumption