Personal Cheerleading Mantra

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

- Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Important information before you begin

Creating Personal Cheerleading Mantra

- Choose what is appropriate for you

  _____
  _____ Participation is voluntary. You may skip a prompt, keep your eyes open, change an exercise, pause, or stop. Some material may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. The resource may use clinical or wellness terms to explain general concepts; those terms are not a personalized assessment or recommendation.

No promised outcome No particular physical, emotional, legal, relationship, or other result is promised. Information can become outdated, and experiences differ. Consult an appropriately qualified professional about your individual needs, medications, health conditions, safety, legal matter, or treatment decisions.

Emergency and crisis needs call or text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use your local emergency or crisis resources.

By continuing, you acknowledge that you have read this page and understand the resource's educational scope.

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immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle CreatingPersonal CheerleadingMantra Acheerleadingmantraisapowerful, positivephraseor statement that yourepeat toyourself toboost your self-esteemandself-worth. It servesasamental reminder of your strengths, values,andthequalitiesyouadmireinyourself. Thismantracanhelpyoustayfocusedonthepositiveaspectsof whoyouare, especiallyduringchallengingtimes. Here'saguidetocreatingandvisualizingyour personal

cheerleadingmantra:

1. UnderstandthePurposeof aCheerleadingMantra

l What It Is: Ashort, powerful phrasethat reflectsyour corestrengthsandqualities. It'sdesignedtouplift you, reinforcepositiveself-perception, andremindyouof your worth.l WhyIt'sImportant: Regularlyrepeatingyour mantracanhelpshift your mindset fromself-criticismtoself-empowerment, makingyoumoreresilient andconfident.

2. IdentifyYour CoreStrengthsandValues

l Reflect onYour Strengths: Consider what youdowell andwhat youadmireinyourself.Areyoukind, resilient, creative, compassionate, hardworking, etc.?l AcknowledgeYour Values: Thinkabout what'simportant toyou-integrity, love,courage, persistence, etc.

QuestionstoAskYourself:

l What arethreequalitiesI loveabout myself?l WhenhaveI felt proudof myself recently?l What doI valuemost inlife? _____
_____

3. Craft Your Mantra

l CombineYour StrengthsandValues: Useyour reflectionstocreateashort, powerfulstatement.l KeepIt PositiveandAffirming: Your mantrashouldbefocusedonwhat youare, ratherthanwhat youaren't.

Examplesof CheerleadingMantras:

l "I amresilient, worthy, andcapableof achievingmydreams."l "I embracemyuniquenessandcelebratemystrengths."l "I amdeservingof love, success, andhappiness."l "I amconfident, strong, andI believeinmyself."

Step-by-StepExample:

1. Strengths: Compassionate, hardworking, creative.2. Values: Integrity, growth,

love.3. Mantra: "I

amacompassionateandcreativeforce, growingstronger everyday."

4. VisualizeYour Mantra

l DesignaVisual Representation: Creatingavisual reminder of your mantrahelpsreinforceit. Youcanwriteit onastickynote, designadigital wallpaper for your phoneorcomputer, or createapieceof art tohangonyour wall.

StepstoCreateYour Visual Mantra:

1. ChooseaFormat: Decideif youwant ahandwrittennote, adigital design, or

aphysicalpieceof art.2. Select ColorsandFonts: Usecolorsthat makeyoufeel calm, empowered, or joyful.Chooseafont that'seasytoreadandvisuallyappealing.3. AddPersonal Touches: Incorporatesymbolsor imagesthat resonatewithyou-likehearts, stars, or abstract designs.4. PlaceIt SomewhereVisible: Put it whereyou'll seeit often-your bathroommirror, yourworkdesk, or asyour phonebackground.

Example:

l HandwrittenNote: Usecolorful markerstowriteyour mantraonanotecard. Addsmalldoodlesor symbolsthat makeyousmile.l Digital Wallpaper: Useadesigntool likeCanvatocreateawallpaper withyour mantrainabeautiful font, pairedwithabackgroundimagethat inspiresyou.

5. IncorporateYour MantraintoYour DailyRoutine

l MorningRitual: Start your daybysayingyour mantraout loud. Thissetsapositivetonefor theday.l Throughout theDay: Whenever youneedaconfidenceboost, takeamoment torepeatyour mantrasilentlyor out loud.l BeforeBed: Reflect onyour day, andrepeat your mantratoreinforceapositivemindsetbeforesleep.

6. Tipsfor MakingYour MantraEffective

l BelieveinIt: Themoreyourepeat andinternalizeyour mantra, themorepowerful

itbecomes.l StayConsistent:

Makeit adailyhabit tosayandreflect onyour mantra. Consistencyhelpstoembedit inyour subconscious.l

BePatient:

Buildingself-esteemtakestime. Trust that your mantraishelpingyougrowandstrengthenyour self-worth.

Exampleof aCheerleadingMantraandVisual Representation:

Mantra: "I amworthyof all thegoodthingslifehastooffer. I amenough."

Visual Representation:

l Format: Digital wallpaper for your phone.l Colors: Usecalmingshadesof blueandgreenwithbold, goldtext.l Font: Chooseascript font for themantratext withaclean, minimalist background.l Symbol: Addasmall heart or star next tothetext tosymbolizeself-loveandgrowth.

Bycreatingandregularlyusingyour cheerleadingmantra, you'll graduallyreinforceyourself-esteemandself-worth.

It'sasimpleyet powerful tool tohelpyoustayfocusedonthepositiveandremindyouof your inherent value. danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle D. Elder, MSW, LMHC. My Reflective Collective.

More free My Reflective Collective tools Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

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Educational wellness notice This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

Michelle D. Elder, MSW, LMHC | My Reflective Collective

Safety, Privacy & Educational Use

My Reflective Collective - Michelle D. Elder, Msw, Lmhc

If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

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_____ Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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