

Greatness *Mantra*



What in the heck is a mantra and why do I need it?

Having a mantra is something to help you shift smallness thoughts and smallness habits into greatness thoughts and greatness habits.

Because we never outperform our mindset. Old thoughts won't get you new results. So if you want to create a new future and go to the next level in your life or business your mind must believe it first. So when we have a mantra that we say every day/throughout the day it helps our minds believe it! What we believe we can achieve.

Below is my personal mantra that I use daily, you can use this mantra for now. However, the true power is you creating your own mantra. It's your stand and declaration of your future and your new habits. This is a powerful declaration to the world (whether you share it with anyone or NOT!). This is your inner work to for your elevation of greatness and the emotional toughness that it takes to play bigger greatness games!

My Greatness Mantra By: Dena Patton

Today I choose to live from my greatness.

Today I honor my boundaries & intuition.

Today I make healthy choices in all realms of my life.

Today I have faith that I CAN.

Today I honor the past for all of the lessons and I am ready for my greatness future.

Today I love, live and lead 100%, nothing less.

Today I practice saying no to things that do not serve me, including my smallness.

Today I say yes to the things that DO serve me, my vision and my greatness.

Today I own my greatness and I will only play specific greatness games.

Today I will use my roles and platforms to share my greatness.

Today I give myself permission to let my greatest self shine in the world and lift other's too.

Today is the day.

You can publicly share this mantra if it accommodates this credit:

Created By #DenaPatton #DailyMantra

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*Dear Past,
Thank you for
all the lessons.
Dear Future,
I'm ready!*

Now it's your turn:

- o Take out 2 sheets of paper.
- o Center yourself in your greatness and in your biggest vision.
- o The first piece of paper will be titled 'Draft 1'
- o Start with 'Today I ____' and write down you're your greatness declarations.
- o Make it messy just dump it out!! Go!
- o Take the second sheet of paper title it Draft 2.
- o Look at draft 1 and re-read it and star the lines that really move and inspire you.
- o Then pull the lines that you love from draft 1 and write them on draft 2
- o Keep editing until you love it.
- o Now below is draft 3 which will be your Daily Mantra. Write it or type it out.
- o Then print this out and repeat it 3x a day for 30 days.
- o This is life changing when you believe it, and your actions follow!
- o Share your journey with hashtag #greatnessonly #crushsmallness

My Daily Greatness Mantra: