

# Mantras

*Repeat these with confidence a couple of times every day  
for an entire month.*

**With the knowledge of my past I have the confidence to  
face my future.**

**I am making my ancestors proud.**

**I love my skin, my hair, my eyes and my soul.**

**I am brave, strong and brilliant, inside and out.**

**Like Marcus Garvey I will work to make sure I try to unite  
my friends and community.**

**Like Tyra Banks I will work hard and grow my many talents.**

**Like Sean Combs I will make smart decisions and work  
hard with true grit.**

**Like Folorunsho Alakija I will give back to my people and  
share my success.**