

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.**