

## Appendix B

### Mantras

#### Self Control

- I am in control of my actions and reactions.
- Stop and think before acting.
- Don't lose your cool.
- Keep it together,     (your name)    .
- Just wait your turn.
- The only thing I have control over is myself.
- Think about yourself and who you want to be.

#### Perseverance

- This is hard, but I can do hard things.
- Every problem has an answer.
- I know I can do this.
- "Just do it."
- Don't quit now, you're almost done.
- If I did it yesterday, I can do it today.
- I will reward myself when I finish this task.

#### Attention

- I will take a breath and refocus.
- My mind will wander, but I can bring it back.
- I can focus on what I need to do.
- It's ok to lose focus. I can bring my attention back.
- I have the power to focus
- My focus is a muscle and I can strengthen it with time and practice.
- Right here, right now is all that matters.