



# Your Mantra Song

In exploring your past, present, and future life, I want you to find a song that you feel best represents one of your many mantras.

Let's face it, every one of us has an affinity for a song or songs that we feel best represent our stories and our beliefs. The lyrics speak to you. In many ways, it often feels almost like the songwriter was writing about you!

## Select a song and print out the lyrics...

Then, reflect upon what the specific lyrics say about you and your mantra. How does it speak of your experiences? Your priorities? Your values? Your past, present, and possibly future? Your reflection should be contemplative and needs to link your mantra and life experiences to specific lyrics of the song.

I can't wait to listen to your songs and read your reflections! This is just another stepping stone in your journey to writing your This I Believe!

Both the lyrics to the song and your reflection must be printed out and stapled together for **Monday, May 15th**. This will be counted as a quiz grade.