

Confidence Mantras Tracker



You Are a Gardener®

Pick a mantra, repeat it morning and night, and track your practice. Watch your confidence grow day by day.

I am steady, strong, and ready to grow.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

I can handle change with confidence and calm.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

I already have what it takes to flourish.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

I grow braver and stronger every day.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

I face each day with confidence and strength.

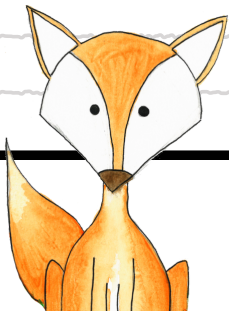
Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

I am rooted in confidence, resilience, and calm.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM



Confidence Mantras Tracker



You Are a Gardener®

Plant your own mantras here. Choose empowering phrases that inspire confidence, repeat them daily, and track your practice throughout the week.

Four horizontal lines for writing mantras.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

Four horizontal lines for writing mantras.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

Four horizontal lines for writing mantras.

Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
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PM	PM	PM

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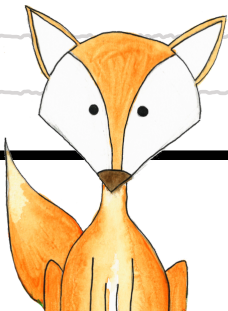
Mon	Tue	Wed	Thu
AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM

Four horizontal lines for writing mantras.

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PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM



Four horizontal lines for writing mantras.

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AM	AM	AM	AM
PM	PM	PM	PM

Fri	Sat	Sun
AM	AM	AM
PM	PM	PM