




The Black Men Mantras









1 I'm mentally and physically strong enough to overcome what life throws at me.

2 I'm more than a label and don't live by anyone else's expectations or stereotypes.



3 I'm resilient and persevere despite the systematic barriers that exist.


4 I'm educated and intelligent; my opinion and experience matter.









5 I'm loyal and devoted to my family and community.


6 I'm a professional in all that I do no matter my outer appearance.



7 I'm confident and assertive, not passive or arrogant.


8 I'm a friendly and compassionate member of my multicultural community.









9 I'm the protector of my family and create a safe and supportive environment.

10 I'm romantic, supportive, and emotionally available to my partner.



11 I'm mindful of my words, thoughtful with my actions, and humble in my approach.

12 I'm eager to learn and be innovative toward our collective future.





13

I'm a creative being who can express myself through many artistic forms.

14

I'm driven by passion and determined to live a life without limitations








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I live by my word and lead by example.

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I am dependable, I take responsibility for myself and others.





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