

THE MANTRA PROJECT

“FINDING YOUR TRIBE”

WORKBOOK

Chapter 1: Definitions & Knowing What You’re Looking For



**ONE BLACK WOMAN
STORYTELLING LESSONS**

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BEST RESULTS

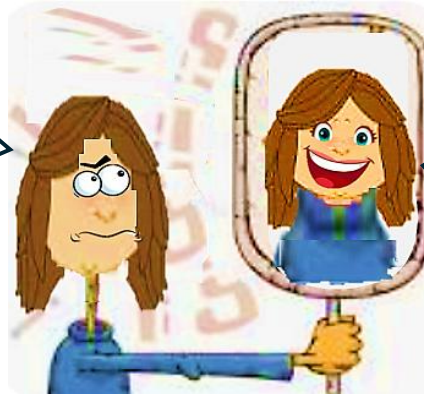
- **Read The Lesson Aloud** — by yourself or with others. Take your time and pause for the exercises. You don’t have to finish it in one sitting.
- **Listen To The Accompanying Podcast Episode** for a conversation bringing the lesson to life.
- **Print The Mantra Card And Carry It With You** as a reminder and compass for finding your way back to yourself — and toward your tribe..

"I'm Gonna Get Outside of ME."

The Search for the People Who Help Me Be More Me

"MY WORLD IS ROTTEN / CURSED !

I'll never be happy because of all the things that happened to **ME** / that **I** don't have. People see **ME** as stupid / ugly / a joke / **THEY** don't even see **ME** (and i don't want them to)....."



*"Hold on.
You've got to stop feeding yourself only those negative 'ME' stories – if you really want to see the real me."*

BEFORE WE GET STARTED....

Before we jump into tips and steps for finding your tribe, let's stop for a minute to answer:

- What is a 'mantra'? How can it help you?
- What do we mean by "TRIBE"
- What do mantras have to do with finding your tribe?

WHAT IS A 'MANTRA' — AND HOW CAN IT HELP YOU ?

A mantra can be a word or short phrase (it can also be a sound or visual – even a tattoo) – something with positive vibes that reminds you who you are / want to be.

A sport team's rallying cry or a meaningful Bible verse can be a mantra. Create or choose your mantra. Repeat it. Focus on it. Hold onto it when you need to calm yourself and quiet the noises in your head. It reminds you difficult moments are not the whole story – that you can help write your next chapter in life.

- A mantra helps you move from being fixated on what's missing or hurting – toward self-acceptance, curiosity, action, connection, and possibility.
- **A MANTRA is your COMPASS for the JOURNEY back to YOURSELF and towards your TRIBE.**



Have you had 'mantras' you've used — even if you didn't call them that — to help you focus or keep going in difficult or demanding situations ? Remember a mantra can also be a sound or image in addition to words – and words might include song lyrics you recite. Or do you vividly remember a family member, friend, or teacher's mantra ?

Say Aloud And Write Down Three Examples Of Mantras:

- 1.
- 2.
- 3.

WHAT DO WE MEAN BY “TRIBE”?

The people who see you, respect you, and make room for you — and you want to do the same for them — They’re Your TRIBE

Your tribe isn't necessarily your family, your oldest friends, your neighbors, or people who look like you, are the same age, or come from the same background. It's people you feel a deep, almost instinctive bond with — recognizing a bit of yourself in, even if you can't quite name it. They just feel like home. Your shared connection could be anything – the way you see things, what you feel, a passion or hobby you're into, what makes you laugh, the questions you ask, the struggles you've faced, or the values you want to live by. It can be people who — if you weren't looking for and open to connection — you might never notice or speak to.



ALERT: When you meet possible tribe members you may share a connection but be at very different places in life or development. That's okay. Even one encounter can remind you that you're not alone – there are others who get that part of you. Each encounter can spark the determination to find more people you share connection with – and you'll be surprised by the new interests – even passions – emerging in yourself.

NO ONE PERSON CAN BE YOUR EVERYTHING. You have many sides to who you are. You may connect with someone around one part of yourself, but not everything. That's okay. Different people bring different things into your life, nourishing you in different ways. Your tribe doesn't have to be one person or a group. It can be many people who help different parts of you come alive — as you continue discovering and respecting the complex person you are.



Can you think of someone who didn't seem like “your kind of person” when you first met. You couldn't imagine having anything in common. But the more you interacted, the more you realized they really seemed to get you. (If that has never happened to you, can you think of a family member or friend who became close to someone you never thought they'd get on with ?)

Write Down Your Answers – Then Read Aloud.

- 1) Who Was It ? How Did You Meet ?
- 2) What They Seemed To Understand About You ?
- 3) What Did You Come To Understand About Them ?

HOW CAN A MANTRA HELP YOU FIND YOUR TRIBE ?

Think of Your Mantra as Your Guiding Star on the Journey to Finding Your Tribe.

Carry it With You as a Gentle Reminder and Encouragement.

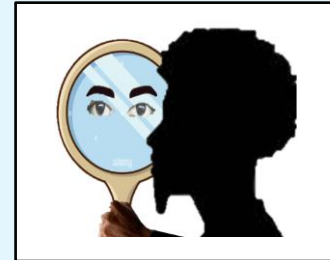
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You Can Make Up Your Own Mantra Or You Can Use A Quote – And Change It To Fit You.

- When alone, look into a mirror and say it aloud to yourself.
- When you're out in the world and need reminding, you can say it silently to yourself — or type it into your phone as a message you send yourself.

SAMPLE MANTRAS FOR 'FINDING YOUR TRIBE'

- "I'm gonna get outside of ME!"
- "Look around — See the possibilities."
- "Take a step — and begin."
- "Stay curious — Find my tribe"
- "My people are out there."
- "Explore. Connect. Be Yourself."



You don't have to have a clear destination in mind, nor do you need to know who you'll meet. Repeating your mantra will keep your eyes open to new possibilities. Sometime a small step can lead you to someone special — someone who touches a part of you *you* didn't even know was there and needing connection.

FROM YOU

Think of three mantras that might help you as you seek to find your tribe. Then try each one out. Use them when you're stressed, confused, or feeling lost. Pay attention to which one speaks most to you when you need a little something to hold onto.

Write Down – And Say Aloud

- 1)
- 2)
- 3)

- A powerful mantra is more than words; it becomes like music, connecting and resonating within your body.
- Don't just repeat a mantra — perform it. Say it aloud. Change your tone, rhythm, and energy until it speaks to you.



**IN TODAY'S WORLD – HOW DO WE HOLD ONTO
THE FEELING THAT OUR WORLD MATTERS ?**

**Many Working-Class People
Feel Left Behind And Unseen**

We're facing overwhelming, bigger-than-life — and seemingly unsolvable — problems: climate disasters, rising prices, housing shortages, job insecurity, endless undeclared wars, and an AI takeover. Our leadership is as apt to lie to us as protect us.

(cont.)

HOW DO WE HOLD ONTO THE FEELING THAT OUR WORLD MATTERS ? (cont.)

At the same time, technology has made it easier to get through the day without speaking to anyone — or hearing our own voice. We order our food, do our shopping, and get directions from an app. We've become car- and online-oriented — as we become more pressed for money and quality time. And there's cameras recording everywhere — ready to share *you* without permission.

WHO SEES US? We're Afraid To Know.....

Sometimes in our supposedly supportive relationships — even within our own families — there's rivalry, hidden hurting, debilitating issues — or we're not talking to each other....

We're less comfortable making small talk with strangers — and even with those we know. We don't trust our own instincts. We're uneasy about being spontaneous, thinking on our feet, and connecting face-to-face. Squeezed and overwhelmed, we've been numbed — made invisible to ourselves, fearful and suspicious of one another — and afraid of the unknown world beyond our own.

Where Do We Go From Here? We Start By Finding Our Tribe.

We start small, using what we already have and know to seed exploration, as we figure out how to search — and how to respond when someone answers.

We need to establish our own tribes — if we want to reconnect, make sense of who we are and want to be, and be supported as we grow. We need to rediscover basics: word-of-mouth connections, face-to-face encounters, reaching out to the people around us — strangers included — and asking questions, asking for support, and asking, *"Do you know someone who might be interested in this too?"*

Sometimes Finding Your Way Forward Can Start By Finding Someone to Walk With.



"I'm Gonna Get Outside of ME."

Three unhelpful things I that I don't need to say to myself anymore:

- 1.
- 2.
- 3.

Three helpful things I will say regularly to myself instead:

- 1.
- 2.
- 3.



TO BE CONTINUED...

- Listen To The Accompanying Podcast Episode (INSERT LINK)
- Print The Mantra Card And Carry It With You (INSERT LINK)

NEXT: CHAPTER 2: "Finding Your Spark & Why It Matters"