

Research Article

The Impact of Self-Affirmation Using the Mantra "God Has Entrusted Me with Myself" on Selected Students of Pamantasan ng Lungsod ng Maynila

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This research paper investigates the impact of the self-affirmation mantra "God has entrusted me with myself" on selected students at Pamantasan ng Lungsod ng Maynila. The primary goal is to assess the effects of this daily mantra on the students, including the changes they experience, the actions they take, and the insights they gain over a 21-day period.

The study employs a qualitative research design to explore how students feel, think, and behave when using the affirmation. To enhance this approach, a case study methodology is utilized, allowing the researchers to gather detailed data from selected PLM students regarding the mantra's effects. Given the large target population, the researchers themselves serve as both data sources and participants, limiting the study to nine participants—the total number of researchers involved.

Thematic analysis of the results reveals that the 21-day application of the mantra "God has entrusted me with myself" positively impacts the students. The mantra fosters self-affirmation, promotes personal growth, strengthens faith, and equips individuals with strategies to overcome challenges.

Additionally, the participants' experiences highlight the transformative potential of this simple yet powerful mantra in creating a more positive, resilient, and fulfilling life. This study adds to the growing body of research on the benefits of spiritual self-affirmation practices in enhancing student well-being and academic success within the unique cultural and educational context of the Philippines.

Keywords: Academic success, Case study methodology, Cultural context, Faith, "God has entrusted me with myself," Personal growth, Philippines, Qualitative research, Resilience, Self-affirmation, Spiritual practices, Student well-being, Thematic analysis, Transformative potential.

Introduction

In today's challenging academic environment, students often face immense pressure to excel, which can negatively impact their academic performance and emotional well-being. Self-affirmation practices offer a potential solution to alleviate these pressures. This study investigates the effects of the mantra "God Has Entrusted Me With Myself" on selected students at Pamantasan ng Lungsod ng Maynila. This spiritually grounded statement aims to support students' academic performance and mental and emotional well-being.

Filipino students, in particular, encounter a complex mix of academic stressors and social anxieties, further intensified by a strong cultural emphasis on spirituality. Research by Dy et al. (2020) highlights the high prevalence of stress among Filipino college students, which negatively affects their mental and emotional health. Flores et al. (2019) also reveal alarming rates of depression and anxiety within low-income Filipino communities.

Amid these challenges, the Philippines' cultural focus on spirituality, which emphasizes finding meaning and purpose (Yabut, 2019; Macaranas, 2021), may serve as a powerful coping mechanism for students. The mantra "God Has Entrusted Me With Myself" could provide a sense of strength and resilience.

The ancient Stoic philosopher Epictetus, whose teachings continue to inspire resilience, left behind a powerful legacy. One of his enduring mantras is, "God has entrusted me with myself." This simple yet profound statement transcends time and culture, offering solace and strength to those facing life's challenges. Epictetus, born into slavery and later becoming a respected teacher, believed that philosophy was not just an intellectual exercise but a way of life rooted in personal responsibility and self-discipline.

Epictetus' Stoic philosophy emphasizes accepting what lies within one's control (our thoughts, actions, and reactions) and letting go of external factors beyond our control. The mantra "God Has Entrusted Me With Myself" encapsulates this essence. It advocates for a steadfast commitment to self-mastery and resilience in the face of adversity. By embodying these principles, students can develop a sense of agency and inner strength, enabling them to navigate academic challenges with greater grace and fortitude.

Self-affirmation theory suggests that affirming core values and beliefs can buffer against the negative effects of stress and adversity (Cohen & Sherman, 2019). The mantra "God Has Entrusted Me With Myself" aligns with this theory by reminding students of their inherent worth and capacity.

While there is extensive research on student well-being and resilience, there is a gap in understanding the specific impact of spiritual self-affirmation practices on the academic performance and mental well-being of selected students at Pamantasan ng Lungsod ng Maynila. This study aims to address this gap by examining how the mantra "God Has Entrusted Me With Myself" influences students' self-perception, coping mechanisms, academic performance, and overall well-being in an academic setting. Through qualitative methods, such as journaling exercises, researchers aim to illuminate the transformative potential of spiritual self-affirmation among students.

In life, it is inevitable to encounter various obstacles and inconveniences that can cause us to lose hope and sight of our goals. Despite our best efforts, worries and anxieties can overwhelm our thoughts, leading to a loss of control and motivation. People often give up due to a lack of support systems that encourage perseverance. To address this, researchers aim to explore the potential outcomes if individuals dedicate time and effort to self-affirmation rather than relying on others for motivation.

This research focuses on the impact of the self-affirmation mantra "God has entrusted me with myself" on selected students at Pamantasan ng Lungsod ng Maynila, particularly those who are Catholic. It is crucial to recognize the individual progress students may achieve through the application of this motivational mantra. Therefore, the study will utilize daily journals or logs for the selected students to track the daily changes in their lives as they apply the mantra.

By incorporating a daily mantra, students can experience significant changes. Self-affirmation through the mantra "God has entrusted me with myself" can help individuals stay motivated and resilient during challenging times.

The related literature highlights the potential benefits of self-affirmations through self-mantras on students' academic performance and well-being. Xiaoyan Bi, Xiaowen Zhou, Weixin Zhang, and Yankun Ma (2023) explore how daily affirmations and mantras can enhance overall welfare and self-worth by transforming negative thoughts and beliefs into positive ones. Additionally, Wantri and Sukarno (2023) examine the impact of religious mantras on students' metacognitive skills, attitudes, and concept mastery, providing insights into how religious self-affirmations can influence students' well-being.

While these studies offer valuable perspectives on the effectiveness of self-affirmation interventions and the benefits of religious coping strategies, there is limited research focused on the unique cultural and educational environment of Pamantasan ng Lungsod ng Maynila. Furthermore, although existing studies investigate the role of meaning-making and religious coping in enhancing well-being, there is a gap in research specifically examining the use of the religiously themed affirmation "God Has Entrusted Me With Myself" among the university's student population.

This study aims to address this gap by exploring the cultural context and student population of Pamantasan ng Lungsod ng Maynila. It investigates the unique effects of religiously themed affirmations and examines the relationship between self-affirmation, personal growth, and sense of purpose among students in this setting.

The objectives of this study are to determine the impact of the daily mantra "God Has Entrusted Me With Myself" on students. Specifically, the study aims to answer the following :

1. How do participants perceive the motivational mantra "God has entrusted me with myself"?
2. What changes have participants observed in their lives after imbibing the motivational mantra for 21 days?
3. What changes have participants noticed in their behavior after applying the motivational mantra for 21 days?
4. What changes have participants observed in their faith or religious beliefs after using the motivational mantra for 21 days?
5. What actions did participants undertake upon experiencing changes in their lives?
6. What challenges did participants face while integrating the motivational mantra into their daily lives?
7. What strategies did participants employ to overcome these challenges during their journey to integrate the motivational mantra into their daily lives?
8. What insights can participants share with others about this motivational mantra?

Review of Related Literature

Given that the paper primarily concentrates on the main idea of self-affirmation, various researchers and philosophers have shared their views on the topic. For instance, Epictetus' mantra "God has entrusted me with myself" suggests that each person is responsible for their own life and well-being. This implies that we are given control over ourselves by a higher power, and it is up to us to make the most of it. This mantra can strongly develop self-affirmation. Moreover, it is particularly helpful in building self-affirmation from within, as humans face numerous challenges daily. Additionally, Steele believes that people desire a sense of wholeness and self. By recognizing the importance of the self, individuals can improve their self-confidence and ability to combat threats to their self-concept. This suggests that humans have a fundamental need to maintain good self-esteem. When this self-image is threatened by failure or criticism, people experience psychological distress. In reality, affirmation can help boost people's confidence and lift them, as even a small investment in oneself can enhance human well-being.

Furthermore, a study by Dy et al. (2020) focuses on the stressors and stress responses experienced by Filipino college students. It aimed to understand the various factors that contribute to stress among this population and how college students in the Philippines respond to these stressors. The study likely involved identifying common stressors faced by Filipino college students, such as academic pressure, financial concerns, family expectations, social relationships, and cultural factors. Researchers may have also explored the different ways in which students respond to stress, including emotional reactions, behavioral changes, and coping mechanisms. By examining these aspects, the study contributes to a better understanding of the mental health challenges that Filipino college students encounter. It sheds light on the unique stressors within the Filipino cultural context and provides insights into effective coping strategies that could be beneficial for this population.

Similarly, Flores et al. (2019) analyzed the prevalence rates of depression, anxiety, and distress within the target population of Filipinos from low-income communities. This involved quantifying the frequency of these mental health issues to understand their

scope and impact. The study explored various factors associated with depression, anxiety, and distress among individuals in low-income communities, including socioeconomic status, access to healthcare services, employment status, educational level, social support networks, and exposure to adverse life events. They also examined the impact of depression, anxiety, and distress on the overall well-being and quality of life of individuals in low-income Filipino communities. This involved assessing how these mental health issues affect daily functioning, relationships, and emotional stability. The study also looked into the patterns of help-seeking behavior among individuals experiencing depression, anxiety, or distress in low-income communities, including identifying barriers to accessing mental health services and understanding preferences for support and treatment options.

In another study, Cohen and Sherman (2019) explored the complex dynamics of self-affirmation and its significant influence on social psychological therapies. Their research represents a significant advancement in our knowledge of the psychological mechanisms through which self-affirmation affects coping mechanisms and changes in behavior. It highlights the importance of self-affirmation in reducing defensive responses. Their research shows how affirming one's identity and beliefs can lessen resistance to information that appears threatening. This is especially true concerning the self-affirmation theory. This is important because, without it, people may feel attacked or resistant to interventions meant to address sensitive topics or encourage healthy habits.

Moreover, Elle (2021) emphasizes the importance of self-affirmation as "written or verbal reminders of the psychological strengths you possess within yourself." According to the author, using them allows you to build a solid foundation of emotional support. Affirmations help you internalize words and phrases, transforming them into good personal beliefs because your connection with positive thinking is unique, and you may shape it however you want. This passage relates to the psychological well-being, self-esteem, and academic performance of the students. It demonstrates how this self-affirmation affects students' mindsets and behaviors, providing insights into its potential as a tool for personal development and resilience in the academic setting.

Additionally, according to the study of Greenaway et al. (2019), it emphasizes the transition from collective to individual identities and its influence on perceived control, suggesting that strong group identification boosts individuals' sense of control, leading to better health outcomes and adaptive coping. They highlight how group belongingness provides social support, validation, and a sense of agency, aligning with theories of social identity. This connection between social connectedness and well-being is further supported by studies showing that strong group identification buffers against stress and enhances psychological well-being. The research emphasizes the importance of interventions that strengthen group cohesion and identity, empowering individuals and fostering positive health behaviors.

In order to establish self-affirmation, a mantra can be a step in developing the self-affirmation of an individual. The Sanskrit word mantra has two syllables: "man" means "mind" and "tra" means "protect"; in the simplest term, it is something that protects our mind. What's more interesting is that, according to the book *The Power of Mantra: Vital Practices for Transformation* (Rinpoche 2022), reciting mantras protects us from negative energy and keeps us aligned with positive virtues. When our mind is about to slip into negativity, the mantra is there to destroy the negative wave in

our mind. It can ease our minds from overthinking things around us. However, we must have the courage of self-motivation and believe in the power and help of mantras for our well-being.

From the perspective of the research by Cui et al. (2023), engaging in daily affirmations and mantras can lead to improved overall well-being and increased feelings of self-worth. This study shows that one of the key benefits of using mantras for self-affirmation is that they can help reframe negative thoughts and beliefs into positive ones. It has the power to focus attention and cultivate mindfulness, enabling people to engage more positively with their inner thoughts and feelings. More general well-being and life satisfaction result from this increased self-awareness and optimistic outlook. Repeating a mantra serves as a challenge and a way to push out negative self-perceptions and let more positive thoughts in. When individuals repeat affirming statements or mantras, they challenge and replace negative self-perceptions with more positive and empowering narratives. This cognitive reframing process contributes to improved mental resilience and emotional well-being. Mantras can also help regulate emotions by encouraging self-soothing and stress reduction. Rhythmically repeating positive affirmations or mantras can relieve anxiety, promote emotional stability, and calm the mind. This is very helpful when dealing with stressful situations or moments.

Furthermore, Stutland (2020) discussed more about the mantra and mentioned in his self-help book that writing down affirmations starts changing your mind. Chanting mantras effectively activates the voice. Meditation lowers stress and increases attention. When you combine the advantages of all of these activities into one full-body experience, you set a powerful attitude in motion. Our ideas are a hit parade of "mantras" that establish negative or positive programming in our minds, hearts, and bodies every day. When we think of negative "mantras," we unintentionally direct our energies toward the creation of exactly what we don't want. This implies that we attract what we think, as our thoughts and beliefs reflect us. Therefore, having positive affirmation and meditation influences our body and mind to lessen stress and improve concentration, which is beneficial for students to boost their academic performances.

According to the study of Redkar (2023), mantras, which are ancient sound-based practices with roots in many religious and philosophical traditions, have been linked to improved health and happiness. Mantras can be useful for relaxation, stress reduction, and establishing a more positive mindset. Mantras are an effective technique for promoting mental wellness because they combine positive affirmations with relaxing sounds. When used with mindfulness or meditation, mantras can help improve attention, calm the mind, and cultivate serenity. A person's faith in a deity or a higher power, as well as a specific mantra or prayer, may give them comfort and peace of mind. Using mantras in our daily lives can help us become more confident in all of our decisions and actions by offering comfort and mental clarity along with mastering positive affirmations since affirmations remind us of our worth and potential, allowing us to overcome self-doubt and negative thoughts. Just like the mantra "God has entrusted me with myself," it may comfort us to stop overthinking what we cannot control and focus on what we can, which empowers us to take charge of our own lives.

As stated in the study conducted by Pirnazarov (2021), personal self-realization has two aspects: the desire to uncover and express one's valued abilities and goals (self-actualization of the

personality) and the need to declare oneself and achieve acknowledgment (self-affirmation). A significant factor is that a person's self-perception, or self-esteem, has a direct impact on his professional behavior. When planning the outcomes of actions, a person begins with his capabilities, which he judges at his professional level. One of the criteria for professional deformation is growing discontent with oneself and loss of faith in one's capacities, which leads to a lack of interest and a decrease in the value of one's professional activities. It underscores the significance of maintaining a positive self-concept by keeping our faith so that we can face every challenge without any fear or doubt. Applying faith in self-affirmation helps increase our motivation to perform better in academics as well.

As the study focuses on the impact of self-affirmation, the related studies provide valuable guidance. These studies help in recognizing that the mantra "God has entrusted me with myself" can be a powerful tool for individuals seeking to boost their self-confidence, overcome obstacles, and achieve their goals. By tapping into their inner strength and wisdom, individuals can navigate life's challenges with courage and resilience.

To further strengthen the research design, this study employs a case study methodology, which explores in depth a program, event, activity, process, or one or more individuals (Creswell n.d). The researchers conducted observations within the participants, firsthand observing how they applied the mantra to their daily lives. Following this, the researchers identified the underlying factors that influenced the outcomes.

Methodology

The study examined the impact of the phrase "God has entrusted me with myself" on selected students from Pamantasan ng Lungsod ng Maynila using a qualitative approach. The primary goal was to deeply understand the phenomena by discussing and exploring them thoroughly. This involved appreciating the diverse ways people experience events and understanding why they perceive things differently. Through in-depth interviews and close observation, the study aimed to learn about the students' feelings, thoughts, and behaviors when using the affirmation. This method gathered detailed information, highlighting how the affirmation influenced each student by closely examining their personal experiences.

According to Suyadnya (2021), qualitative research allows for an in-depth examination of people's experiences and viewpoints, making it ideal for studying participants' self-perceptions. Conducting in-depth interviews helps the study understand how individuals connect with others and view themselves. By taking a comprehensive approach, the research can better grasp how applying the same message for 21 days might affect someone's actions and thoughts. By closely observing and analyzing individual cases, the research can gain insights into the importance of self-belief for personal well-being and growth. Using a qualitative method, the study explores the varied opinions and experiences of specific students, providing a complete picture of the topic.

Participants and Sample Size

In this qualitative case study, nine (9) third-year students taking Bachelor of Secondary Education major in English for the second semester of 2023-2024 from Pamantasan ng Lungsod ng Maynila were selected as participants. According to Schoch (2020), case

studies in qualitative research often have small sample sizes, typically involving only one participant. However, in some instances, there may be multiple suitable candidates, necessitating a screening process to select the appropriate ones. Consequently, the researcher limited this study to nine (9) participants.

Additionally, the researcher ensured that the participants met specific criteria aligned with the research objectives and context. The participants needed to be registered third-year English students at Pamantasan ng Lungsod ng Maynila, identify as Catholic, and be willing to participate in the study.

The sample size of nine (9) participants allowed for an in-depth exploration and analysis of their experiences, perspectives, and the impact of self-affirmation using the designated mantra. Through observations and other data collection methods, the researchers gained insights into the intricate nuances of how self-affirmation, guided by the mantra, influenced the participants' lives and behaviors. This contributed to a deeper understanding of the role of spirituality in shaping one's life.

Data Gathering

In this part of the study, participants embarked on a 21-day journey of self-exploration and growth by incorporating the mantra "God has entrusted me with myself" into their daily routines. Due to limited resources, the researcher utilized online software applications and platforms to document the participants' progress. Each participant diligently maintained a daily journal in Google Docs, recording his/her experiences, reflections, and progress throughout the study. The researcher provided a Google Docs link for each participant to document their experiences with the motivational mantra over the 21 days. Once the participants completed their entries, the researchers compiled these experiences into a table covering days 1-21.

The daily journal entries over the 21 days served as a rich source of qualitative data, capturing moments when the mantra was applied, emotions experienced, challenges encountered, and insights gained by the participants. These personal reflections offered valuable firsthand accounts of the impact of integrating the mantra into various aspects of daily life.

Additionally, the researcher conducted interview sessions using online software applications and platforms. These sessions included open-ended questions, allowing participants to freely share and express their experiences. To gather participants' insights, researchers conducted interviews via MS Teams and compiled the responses into a table for better analysis.

Interview Questions

In this section, the researcher delved deeper into the study by using specific interview questions to guide the data collection process. These questions were designed to explore the participants' experiences with the impact of self-affirmation using the mantra "God has entrusted me with myself" on selected students of Pamantasan ng Lungsod ng Maynila. The aim was to gain a nuanced understanding of how self-affirmation, guided by the mantra, influenced the students' lives and behaviors. At the end of the 21-day period of applying the mantra, the researchers used the following interview questions:

1. How do you perceive the motivational mantra?

2. What changes have you observed in your life after imbibing the motivational mantra for 21 days?
3. What changes have you noticed in your behavior after applying the motivational mantra for 21 days?
4. What changes have you observed in your faith or religious beliefs after using the motivational mantra for 21 days?
5. What actions did you undertake upon experiencing changes in your life?
6. What challenges did you face while integrating the motivational mantra into your daily life?
7. What strategies did you employ to overcome these challenges during your journey to integrate the motivational mantra into your daily life?
8. What insights can you share with others about this motivational mantra?

Data Analysis

To accurately interpret the answers to the interview questions, thematic analysis was conducted. This method is effective for identifying, evaluating, and interpreting patterns or themes within a dataset. It is commonly applied to text-based information, such as surveys, interviews, and other qualitative data. The process involves systematically coding and categorizing the data to uncover underlying themes or patterns that capture the essence of the information (Crosley & Rautenbach, 2021).

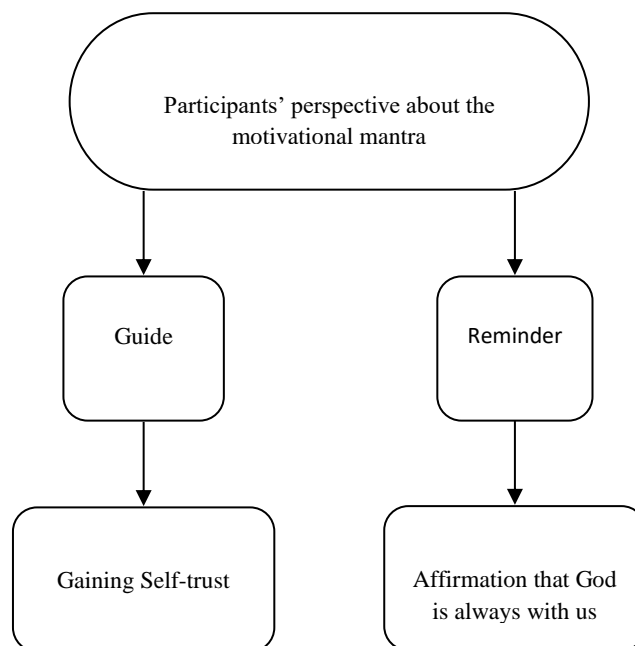
The Deductive Thematic Approach was used to analyze the gathered data with a set of expected themes. According to psychologists Braun and Clarke (2019), becoming familiar with the data involves immersion and iterative cycles of reading, with each cycle providing further insights. They also noted that generating themes involves sorting the codes into higher-level topics.

Before administering the questionnaires, each question was evaluated to ensure the validity of each item. Familiarization with the gathered data was the initial step for the researchers to generate codes from the responses. These codes were then used to identify potential themes. To determine the most accurate themes, the researchers looked for patterns in the ideas until they identified those that accurately represented the content of the research. The researchers documented all the results, supported by actual information from the collected data.

Presentation and Interpretation of Results

In this section of the study, the researcher organized responses into themes based on their content to derive conclusions from participants' feedback. The alignment between the responses and the interview questions made this process possible. By analyzing the collected data, the researcher was able to draw conclusions about the daily integration of the motivational mantra "God has entrusted me with myself" and its diverse effects on participants' lives.

Figure 1. The participants' views about the motivational mantra.



In response to the first question, participants shared their views on the motivational mantra. Their answers were divided into two main themes. One theme was that the motivational mantra acts as a guide for them. According to their responses, the mantra helps them build self-trust by affirming their behaviors and decisions. Below is a list of statements from the participants that support their perspective on the motivational mantra.

"I firmly see the mantra "God has entrusted me with myself" as a guide and light to my everyday life. It helps me to strengthen my faith in God and to trust myself more even if it's a rough time." – Participant 1

"The motivational mantra "God has entrusted me with myself," serves as a guiding principle that reminds me of my self-worth, strength, and capabilities. It empowers me to face challenges with a positive mindset and trust that things will work out as they are meant to." – Participant 2

"The way I see the mantra is it's like a daily reminder. A guide that we can use to help ourselves in our daily struggles and to keep ourselves high to a point where we can see and think about things clearly." – Participant 3

Based on the insights shared by the participants in the first question, it's clear that the mantra "God has entrusted me with myself" acted as a guiding light for them. It empowered them to strengthen their faith, trust in themselves, and face challenges with a positive mindset. Caputo (2023) supports this by stating that life is filled with challenges, and having a guide helps individuals develop resilience and coping skills to navigate difficult times. In a world full of options and difficulties, guidance is crucial as it includes various forms of help and resources to empower people to discover their interests, grow, and tackle challenges. This aligns with the participants' responses, indicating that using the motivational mantra as a life guide helps them trust themselves during tough times and make their own decisions.

Furthermore, participants mentioned that the mantra served as a guiding principle, empowering them to trust themselves even during rough times. The main goal of guidance is to help individuals steer themselves in the right direction, make their own decisions, set life goals, and handle responsibilities. This idea is supported by research findings. Hanson (2021) states that having guiding principles can provide comfort, support, and purpose. This emphasizes that the primary aim of the motivational mantra as a guide is to enable individuals to make their own decisions, set goals, and handle responsibilities independently. Additionally, Dreher (2022) highlights that everyone has their own set of principles and values that guide their actions and decisions, influenced by various factors such as upbringing, experiences, beliefs, and goals. These guides shape outlook and behavior, serving as a compass to navigate the challenges and opportunities of everyday life.

On the other hand, the second theme from the responses to the first question highlights how the motivational mantra acts as a reminder for the participants. According to their answers, by reminding themselves that God has trusted them, they also feel that God is always with them. This provides them with a sense of affirmation in their actions and decisions. Below are the participants' statements explaining why they view the motivational mantra as a reminder that God is always with them.

“The way I see the mantra is it’s like a daily reminder. A guide that we can use to help ourselves in our daily struggles and to keep ourselves high to a point where we can see and think about things clearly.” – Participant 3

“I see the mantra as a reminder that each person is a unique creation of God, and that they should be accepted and respected exactly as they are. And if we embrace our strengths, weaknesses, and imperfections, we will be able to reach our full potential and worth.” – Participant 4

“I see the motivational mantra as something I must apply in my life when life brings me down. I see the mantra as a living testament to continue surviving because He has entrusted me with myself that I can do things with His guidance.” – Participant 5

“I see it as a reminder that I am a creation of something greater than myself, and that I have been given the responsibility to care for and make the most of my own life. It’s a reminder to honor the gift of existence and to strive to strive in alignment with my values and purpose.” – Participant 6

“Actually, the mantra was more of a formal reminder for me to constantly affirm and assure myself rather than a whole new thing. I am used to motivating myself in little ways that I know how even before we started to agree to uphold the mantra every day. Another thing is that ever since, I am a firm believer that God has blessed me with everything and so He really entrusted me with myself.” – Participant 7

“The mantra is a reminder for me that God has believed in me and entrusted everything that I do to myself. By having the freedom to decide for myself, I should always choose the path that is right and just.” – Participant 8

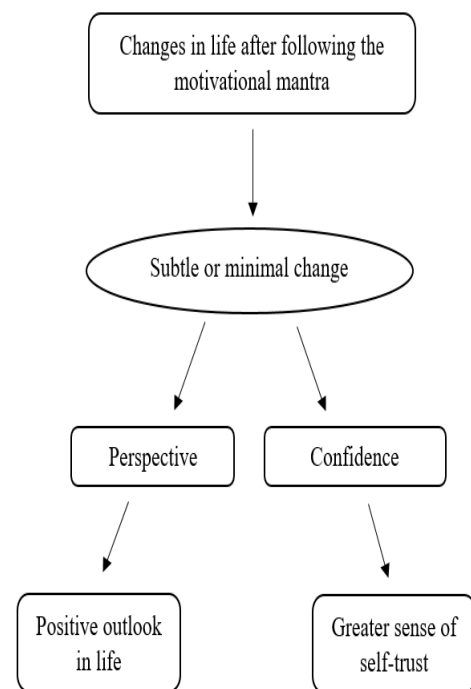
“I see it as an instrument to overcome challenges in life and a reminder that I am entrusted with the

responsibility of navigating my own journey.” – Participant 9

The mantra "God has entrusted me with myself" served as a daily reminder for participants, empowering them to face life's challenges with clarity and positivity. It reminded them of their inherent worth and potential, encouraging self-acceptance and the pursuit of their fullest expression. Research supports that self-affirmation practices, like this mantra, can mitigate the impact of stress on mental health. For example, Longo (2023) describes self-affirmations as mental exercises that promote overall well-being, similar to how physical exercises strengthen muscles. Regular repetition of positive statements can gradually reshape thought patterns and behaviors, reinforcing positive thinking and emotional resilience over time.

Additionally, Peng et al. (2024) found that self-affirmation acts as a mediating mechanism, reducing perceived stress and subsequent feelings of anxiety and depression. Niman (2023) highlights that positive affirmations can address low self-esteem by increasing self-worth and transforming negative thoughts. Furthermore, Dang et al. (2021) indicate that self-affirmation interventions can enhance self-integrity and alleviate negative emotions. Overall, these studies demonstrate how the mantra's role as a reminder fosters resilience, self-assurance, and a sense of purpose among individuals.

Figure 2: The changes that the participants have observed in their life upon imbibing the motivational mantra for 21 days



The second question inquired about the changes participants noticed in their personal lives after applying the mantra for 21 days. All participants reported that, although the changes were minimal or subtle, the mantra still provided some benefits. Firstly, some participants mentioned that practicing the mantra for 21 days altered their perspective on life. They attributed this to a mindset shift, which helped them develop a more positive outlook. The

following statements illustrate how the mantra changed their perspective.

“Among the most noticeable changes I’ve noticed is a restored feeling of empowerment and self-worth. Accepting that God has given me myself has helped me to understand how important it is to accept accountability for my deeds, thoughts, and feelings. Due to this realization, I have taken charge of my life and made decisions consistent with my values and beliefs.” - Participant 1

“To be very honest, not much has changed in the last 21 days, but I did notice subtle changes in my perspective and how I approached challenges. The mantra helped me stay grounded and trust in the process, especially during uncertain times.” - Participant 2

“Although there haven’t been many changes, I believe that this mantra has changed my perspective on life and taught me that taking meaningful action can lead me to personal progress and fulfillment.” - Participant 4

“The significant change that happened in my life is how I gained greater resilience in facing difficulties and a more positive outlook in life than before.” - Participant 9

Based on the insights shared by the participants, it is evident that the mantra "God has entrusted me with myself" positively influenced their daily and overall outlook on life. Participants reported noticeable changes such as restored empowerment, staying grounded, trusting the process, and having a more positive outlook on life. Oman & Kane (2022) explain that repeating a mantra serves two main psychological purposes: alleviating immediate stress and building long-term resilience. The primary function is to make stressful situations more manageable in the moment, while the secondary function involves building resilience by repeating the mantra during both stressful and stress-free periods.

Additionally, participants noted a significant increase in their sense of self-trust and confidence, feeling less worried and more in control of their lives. This is supported by Avvenuti et al. (2020), who found that mantra repetition, as measured by psychometric questionnaires and functional magnetic resonance imaging, decreases perceived anxiety and stress. Sharma & Tseng et al. (2022) further explain that Mantra meditation Sadhna enhances emotional well-being by fostering a deeper connection with one's inner self and increasing self-awareness. Through repetitive chanting, practitioners engage in introspection and self-discovery, which are essential for emotional resilience.

Moreover, Lynch et al. (2019) highlight that Mantra meditation helps with emotional regulation and cultivating a positive outlook on life. Their study shows that regular engagement in Mantra meditation enables individuals to navigate life's ups and downs with equanimity and grace, leading to greater overall satisfaction and happiness.

Regarding the second theme, participants indicate that using the mantra boosts their confidence and self-belief. They report that

practicing the mantra has enhanced their sense of self-trust and confidence in their abilities. The following statements illustrate how this mantra has helped them gain self-confidence.

“From what I have observed, there’s only a minimal change where I’m able to somehow start a day in my life without that much heavy feeling and I’m now able to find something to think about whenever I feel restless.” - Participant 3

“Probably the changes I have observed after being able to apply the mantra to myself is that I think less about the possibilities of not being able to do things that I have to do and with that I was now able to believe in myself more because He entrusted me with myself.” Participant - 5

“For 21 days, I’ve been telling myself, “I’m responsible for me.” It’s like a repeating reminder in my head. I’m more aware of my actions and choices, and I feel like I have more control over my life. I appreciate myself more and feel like I can do anything I set my mind to.” Participant - 6

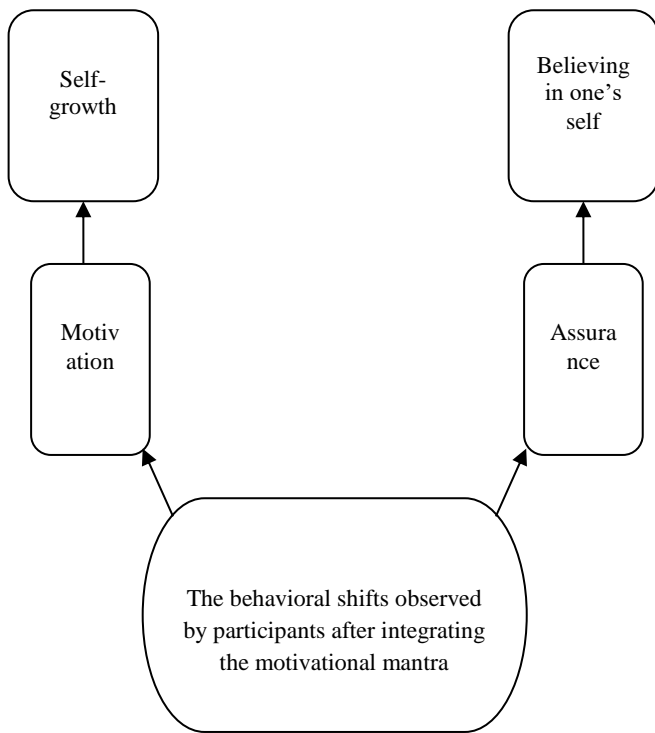
“Truth be told, the changes weren’t that big because I have been affirming myself and believing that God has put me in certain places for a reason. The only change that appeared is that I am more confident and less worried about doing things in my life. It has made my decision making more promising and less frustrating.” Participant - 7

“The biggest change that I have observed in applying the mantra is how I gained the sense of self-trust because I became more confident of how I’m navigating my life and the decisions that I am making because of the constant reminder of God putting his trust in me.” - Participant 8

The mantra "God has entrusted me with myself" helped participants gain confidence and belief in themselves. It also motivated them to accomplish tasks and prioritize their well-being. According to Saini et al. (2020), regular practitioners of mantra meditation experience improved concentration and cognitive function, leading to heightened mental acuity and focus. Additionally, mantra meditation effectively reduces stress and anxiety, fostering a profound sense of serenity and inner calm. It also bolsters emotional resilience, enabling practitioners to navigate emotional upheavals with grace and maintain an optimistic outlook on life.

Recent studies by Sharma & Soni (2022) have shown that regular mantra meditation practice is associated with reduced stress and anxiety levels among young adult females. Mantras help individuals calm themselves during moments of anxiety and overwhelm, leading to more refined and well-thought-out decisions. Crosswell et al. (2024) support this by stating that the rhythmic repetition of mantras induces deep relaxation, decreasing cortisol levels and enhancing parasympathetic activity.

Figure 3 : The Changes that the Participants have Observed in their Behavior upon Applying the Motivational Mantra for 21 days



The participants' responses to the third question can be categorized into two groups. Some participants noted that the changes they observed in their behavior after applying the motivational mantra for 21 days provided them with a sense of motivation. This motivation contributed to their personal growth. Below are the responses from participants who reported that the motivational mantra helped them grow as individuals over the 21-day period.

"I've been able to let go of my self-doubt and negative self-talk because of the mantra. I've learned to be kinder and more compassionate to myself since I accept that a higher power has given me the responsibility to take care of myself. I now understand that my mistakes and failures are a necessary part of my journey towards personal development and growth, so I am more accepting of them." - Participant 1

"The mantra definitely influenced my behavior. I found myself becoming more proactive in taking charge of situations, especially during group projects or when feeling overwhelmed by deadlines. It also motivated me to be more helpful and supportive towards others while still prioritizing my own well-being. Overall, I'm grateful for the positive impact it has had on my life." - Participant 2

"For the past 21 days while applying the mantra, I was able to see changes. In physical changes, I am now motivated to do things. I also noticed that I stopped thinking that I couldn't do things because of the lack of trust in myself." - Participant 5

"Since I started using the motivational mantra for 21 days, I've noticed some changes in how I act. I take charge of my actions instead of blaming others. I try to make better choices that match my goals. When things get tough, I stay positive and see challenges as chances to grow. It's made me feel more in control and responsible for my life." - Participant 6

By understanding and embracing the mantra, participants recognize its contribution to their personal growth. This serves as motivation for them to move forward, helping them overcome daily challenges. With each accomplishment, their motivation grows, becoming a powerful tool for empowerment and personal development.

According to Beck (2021), motivation drives individuals to achieve their goals and influences their behavior in various situations. It affects the paths they choose and the goals they set, demonstrating how motivation impacts participants' self-growth and shapes their behavior. For example, some participants strive to improve and accept their journeys as part of their personal growth.

Additionally, Kaplan and Asor (2021) discuss dimensions of motivated behavior, including direction, which refers to the choices individuals make to consistently perform actions, even when facing difficulties or alternative options. This concept of direction highlights participants' determination to persevere through challenges, take charge, and continue striving towards their goals.

Consequently, the second theme drawn from the participants' responses regarding the changes they observed in their behavior after applying the motivational mantra is the mental assurance they gained. This assurance boosted their self-trust and confidence in making decisions and taking actions. Below are statements from participants highlighting how the changes they noticed in their behavior after using the motivational mantra led to increased self-assurance and confidence.

"During the application of the mantra, I observed that it helps me a lot whenever I'm being plagued with my worries and also it helps me to calm myself down whenever I'm feeling anxious and overwhelmed." - Participant 3

"As someone who is frightened to step outside of their comfort zone, this message provides me with assurance that He has entrusted me with myself, and if I only believe in myself and the strength and support that He has given me, I will overcome any worries, doubts, or setbacks." - Participant 4

"Since I started using the motivational mantra for 21 days, I've noticed some changes in how I act. I take charge of my actions instead of blaming others. I try to make better choices that match my goals. When things get tough, I stay positive and see challenges as chances to grow. It's made me feel more in control and responsible for my life." - Participant 6

"When it comes to my behavior, I became more consistent. Knowing that I had to apply the mantra the moment I wake up is something that drives me everyday. Keeping myself motivated and affirmed even before I get up from bed made me consistent in a way that I don't forget about it. As for the behavior within, I get to be more positive on my outlook in my life." - Participant 7

"During the application of the mantra, I noticed how my decisions are getting more and more refined and well thought out than before as time passes and I gained a lot of trust in myself in things that I face in my life whether it is a problem or a difficult decision to choose from. The

mantra really gave me a boost in perceiving myself and the things that I needed to change in order for me to grow.” - Participant 8

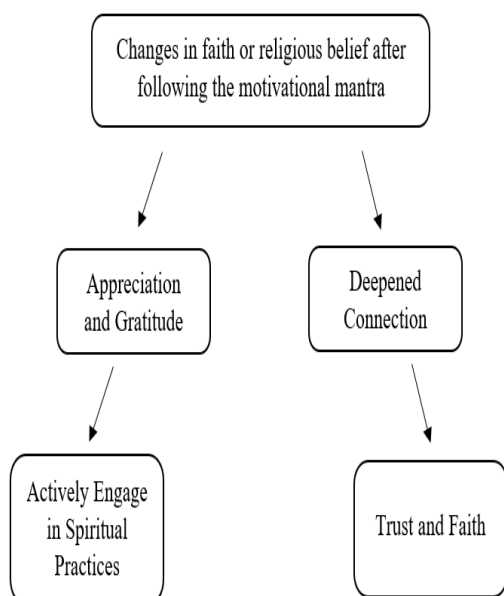
“Unlike before where I always worry about my ability to do things but upon applying the mantra for 21 days, I must say that I became more optimistic on how I do things and I trusted myself more.” - Participant 9

Applying the religious mantra for 21 days gave participants a newfound sense of assurance in their lives. Their statements reveal that these changes significantly boosted their self-confidence, empowering them to trust their instincts and capabilities, ultimately fostering a greater belief in themselves and their abilities.

According to "The Power of Mantra: Vital Practices for Transformation" (Rinpoche, 2022), reciting mantras protects us from negative energy and promotes positive virtues. When our thoughts drift into negativity, mantras act as a remedy to dispel these negative patterns, calming our minds and preventing overthinking. Mantras create a protective barrier against negativity and doubts, providing the reassurance needed in life. Participants experienced a shift from doubt to peace and clarity, enabling them to embrace a more positive outlook and believe in themselves more.

Furthermore, Cui (2023) suggests that practicing daily affirmations and mantras can enhance overall well-being and increase feelings of self-worth. Repeating affirming statements or mantras helps counter negative self-perceptions with more positive and empowering narratives. This cognitive reframing process contributes to increased mental resilience and emotional well-being. Participants observed that following a 21-day mantra practice helped them make thoughtful decisions and face challenges with a clearer mindset. Incorporating daily affirmations and mantras into their routine provided assurance, developed a more optimistic perspective on life, and bolstered their self-confidence.

Figure 4 : The changes that the participants have observed in their faith or religious belief upon using the motivational mantra for 21 days



The fourth question asked participants to describe any changes in their faith or religious beliefs after using the motivational mantra for 21 days. Their responses were categorized into two themes. Firstly, some participants indicated that it enhanced their appreciation and gratitude towards God. They mentioned that the mantra served as a reminder to recognize the blessings in their lives and motivated them to actively participate in spiritual practices. Below are the statements from participants who reported increased appreciation and gratitude after practicing the mantra for 21 days.

By repeating this mantra, I've discovered that my appreciation and gratitude for life's blessings have grown. I am reminded of the many gifts God has given me, such as my faith, abilities, and relationships, by accepting that He has entrusted me with myself. I'm motivated by this to acknowledge each day with gratitude and praise. – Participant 1

“The mantra actually strengthened my faith. It reminded me that God trusts me to handle my life, and that gave me a sense of purpose and responsibility. It also encouraged me to attend church services and appreciate the blessings in my life.” – Participant 2

The analysis of the fourth question revealed an imbalance, with appreciation and gratitude being the minority of the responses. Participants who expressed these sentiments felt thankful to God, not only for the blessings received during the 21 days of applying the motivational mantra but also for the blessings throughout their entire lives. Consequently, they were encouraged to actively participate in worship practices, such as attending church on Sundays and praying regularly.

This idea of showing appreciation and gratitude towards God aligns with a study by Our Lady of Lourdes (2020), which states that gratitude is a key Christian virtue, acknowledging God as the source of all good gifts. Through God's love and generosity, people receive gifts that add value to their lives.

Moreover, the belief that people are obligated to thank God stems from the view of God as the creator of everything. Strong believers adhere strictly to this idea, as supported by NewSpring Church (2021), which emphasizes that God is the creator of heaven and earth.

In relation to this topic, Adams (2023) explored various ways people show appreciation and gratitude towards God. She argued that people thank God for love, provision, forgiveness, words, creations, people, and even sorrows. This belief that all life experiences, both joyful and challenging, are the works of God leads people to worship Him more.

Additionally, BYU research (2023) on meaningful thanksgiving highlights that gratitude involves more than just listing things one is thankful for; it includes expressing thanks to others and to God, which enhances empathy and a sense of indebtedness, making people more inclined to show gratitude.

Subsequently, some participants shared that repeating the mantra for 21 days deepened their trust and faith in God. They felt a

stronger connection to the divine plan and believed that God had entrusted them with their lives for a purpose. This brought them a sense of calm and reinforced their trust and faith in God. Below are statements from participants describing how the mantra strengthened or altered their connection to Him. Serving as attestation to this are the statements below:

“As someone whose faith is not really strong, the mantra helped to create a way for me to discover things and help my faith in Him grow even more” – Participant 3

“This mantra strengthens my trust and faith in the divine plan, as well as my belief that God has entrusted me with this life for a purpose.”– Participant 4

“In terms of my faith or religious beliefs upon applying the mantra, I was able to see that my faith in Him doubled. I feel like He literally casted my worries away by just applying the mantra that He has entrusted me with myself.” – Participant 5

“After using the motivational mantra for 21 days, I feel closer to my faith. I trust in Him more and feel like he has a plan for me. It brought me peace and made my belief stronger.” – Participant 6

“Given that I have always been faithful to God and his ways in my life, I can see that this faithfulness grew a little stronger. I supposed that my usual prayer in the morning became stronger and more affirmative when I added the mantra to my daily routine. Blooming my faith in God also blossomed my self-confidence in a way that I see myself as the captain of my own ship.” – Participant 7

“My faith in God grew stronger as the days went by that I applied the mantra. He gave me somewhat of an inspiration on how I perceive things such as the decisions that I make are more connected to what I think He will choose for me. In that sense, I feel like I'm more connected to Him than ever.” – Participant 8

“I felt like the spiritual connection between Him and myself deepened. As a person who sometimes doubts her faith in God, this mantra helped me gain a sense of trust in Him as He provides me comfort during difficult times.” – Participant 9

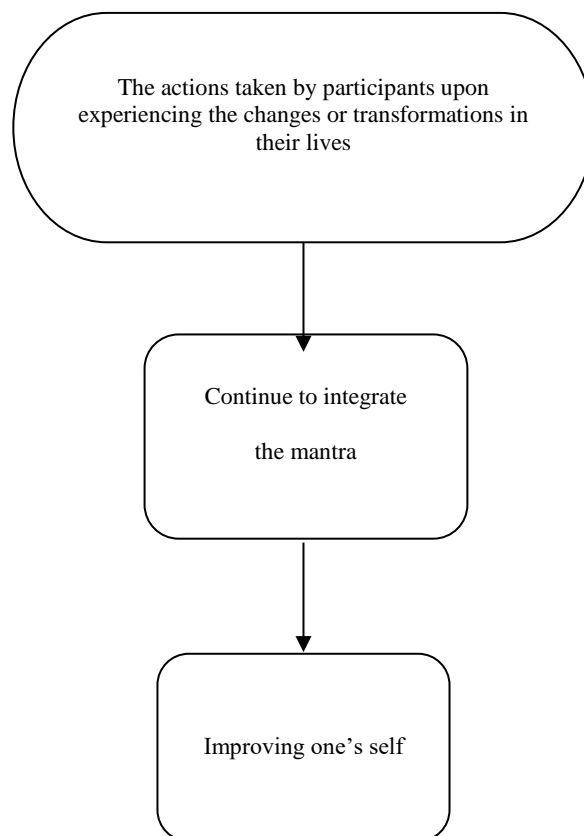
On the other hand, the majority of participants reported feeling a deepened connection to God. According to their responses, the motivational mantra helped them either regain or strengthen their trust and faith in Him. As a result, their prayers became more meaningful, and their bond with God grew closer. Garcia (2019) explained that people have different spiritual pathways, and there is no specific moment when everyone feels a surge of connection to God. People experience various events in their lives, and while some may easily form a strong connection to God, others may find it challenging. He also noted that people often feel a deep connection with God when they encounter events in God's life that they can relate to.

Furthermore, developing a strong connection to God does not follow a single process. Many people build a personal relationship with God whether they are facing difficult situations or expressing gratitude for blessings received. O'Neal's (2019) study highlighted

that there are numerous ways to connect with God, not just during times of need.

In addition, people can connect with God by allowing Him to take charge of their lives. This means embracing what happens, as the idea of letting God take charge is to accept events as they are meant to happen, according to Ramsey (2019). This study is closely related to the research because it explains how trusting in God's decision to entrust us with our lives gives them more meaning. Consequently, this fosters deeper connections with God and strengthens faith, as people believe that God is watching over them as they live their lives.

Figure 5 : The Course of Actions that the Participants Underwent upon Experiencing the Changes in their Lives



All the participants' responses led to one theme: they plan to continue integrating the motivational mantra into their lives after experiencing its positive effects. They explained that the mantra had a beneficial impact on their lives, and by continuing to use it, they believe they can improve themselves in various aspects, thus growing into better individuals. Below are statements that highlight their decision to keep incorporating the mantra for self-improvement.

“I might focus on self-improvement, seeking to align my actions with what I perceive while using the mantra for 21 days. Besides self-improvement, I will still continue to encourage others to use the mantra that I used, and hopefully it will help and work on them. I still use the mantra since it positively impacts my mind.” - Participant 1

“After experiencing these positive changes, I plan to continue integrating the motivational mantra into my

daily life. This includes staying grounded, maintaining a positive perspective, prioritizing self-care, supporting others, managing stress effectively, and cherishing moments with loved ones.” - Participant 2

“Upon noticing and experiencing the changes in me, I will observe more about myself. Since it gave me a positive outcome, I might as well continue to do it in the future and help myself as well to grow and gain even more knowledge along with the mantra. Reflecting on the changes and applying them not so abruptly in order for myself to adapt.” - Participant 3

“This mantra gives me comfort and guidance. Even after 21 days of practice, I am convinced that the mantra will continue to grow and flourish within me. As I keep improving myself for the better, it is possible that I will face future problems or setbacks; returning to the mantra will help me maintain my resilience and motivation.” - Participant 4

“After some time, I would gladly redo things back when I am still unmotivated. I will continue changing the things I used to do with laziness and believing that I can do things because He gave me guidance and entrusted me with myself.” - Participant 5

“After seeing the changes in my life upon embracing the mantra, I am a hundred percent sure that I will continue to use this mantra for me to keep myself motivated and to continue reminding myself that I am entrusted with my own life by God and I have the capability to honor His trust and fulfill my potential.” - Participant 6

“No doubt that even if I am only required to apply the mantra in my life for 21 days, I’d be glad to continue applying it. It has made a significant impact on the way I view life and so I know that making this a habit continuously will make me grow and help me prosper my life in better ways.” - Participant 7

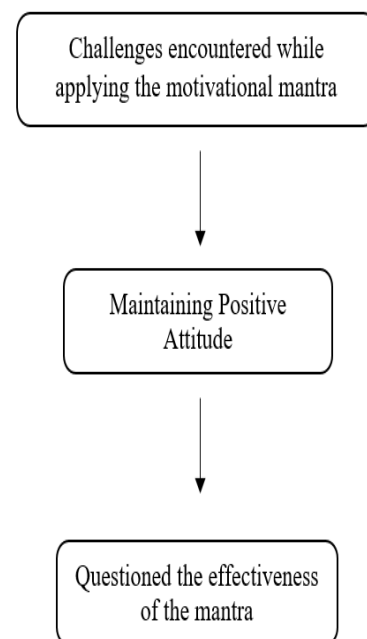
“Integrating the mantra has done nothing to me but put me in the right path. I realized a lot of things that I haven’t before and I think the one big thing that I will change to myself is my perspective to my own life. I tend to be careless about what I do and with the help of the mantra.” - Participant 8

“I will take the time to reflect about the changes that occurred in my life. After that, I will try to adjust my routines and change my perspective for me to navigate these changes effectively. In that way, I will continue to change myself for the better.” - Participant 9

Based on the participants' responses, it is evident that integrating the mantra positively influenced their lives, helping them grow into better versions of themselves. According to McRae & Gross (2020), emotion regulation involves attempts to influence emotions in ourselves or others. Chanting mantras helps cope with negative or stressful emotions, as it induces strong brain activity and responds to stimuli with negative valence. Additionally, Gao et al. (2020) found that repetitive mantra chanting may structurally lateralize a network of brain areas involved in biased memory function, suggesting that mantra chanting helps form a positive effect to counteract negative emotions.

Furthermore, Lynch (2019) suggests that mantras contribute to improved mental health outcomes, including greater emotional resilience and overall mental health. This is reflected in the participants' shared insights about their experience with the mantra "God has entrusted me with myself." Similarly, Sekar et al. (2019) indicate that mantra meditation may positively impact cognitive function and brain health, highlighting its profound impact on promoting emotional well-being.

Figure 6 : The challenges that the participants faced while integrating the motivational mantra into their daily life



The sixth question asked participants about the challenges they faced while incorporating the motivational mantra into their daily lives. The participants' responses converged on one main challenge: maintaining a positive attitude while practicing the mantra. They mentioned experiencing moments of self-doubt and, being unfamiliar with the mantra, they sometimes questioned its effectiveness, which diminished their motivation to continue using it. Below are statements illustrating how maintaining a positive attitude while practicing the mantra was their primary challenge.

“Integrating “God has entrusted me with myself” in my everyday life is not easy because there are a lot of struggles to stay on the positive side. I can still feel the self-doubt and might fall into the inconsistency of using the mantra, but I still manage to use the mantra properly and effectively because I can see the positive changes in myself after using the mantra for 21 days.”– Participant 1

“Integrating the motivational mantra into my daily life posed some challenges, such as moments of insecurity, stress, and self-doubt. These challenges tested my ability to stay focused and positive.”– Participant 2

“Doubt is one of the challenges I faced while integrating the mantra. I had doubts about it because I’m not really familiar with the mantra and it was a sudden change. I

had struggled to apply the mantra in my daily life at first as I'm already experiencing lack of self-esteem, confidence, and even being indecisive with everything which kind of opposes the main reason for using a mantra." – Participant 3

"One of the difficulties I faced while implementing the mantra was doubt or skepticism about its effectiveness. During the 21-day observation period, I experienced periods of low motivation and questioned the effectiveness of the motivational mantra. This negative thought reduces my motivation and makes it difficult to continue the practice." – Participant 4

"Probably the challenge I have encountered as I try to apply the mantra to myself is the fact that I have no trust with myself at all. I feel like I can't do things because I, myself, am not motivated enough to do things so I find it hard to apply the mantra to myself." – Participant 5

"I think one of the challenges that I faced while integrating the mantra is that I had a lot of doubt about its purpose and I'm unsure if the mantra will really help me to be more motivated day by day." – Participant 6

"The only difficulty I have faced in the span of 21 days applying the mantra is the inconsistency of the effectiveness. Some days, the mantra worked real hard, on some, it worked just fine, and on some days, it didn't work on my end. However, I still continued applying and for sure will apply it because it had been more effective than it was not." – Participant 7

"For the most part, the challenges that I faced while integrating this mantra are indecisiveness, making sudden and unthought decisions, and fear of doing things. These things are the factors that make it hard for me to constantly integrate the mantra into my life." – Participant 8

"The hardest part while integrating the mantra in my everyday life is the fact that I have an internal resistance to it. Sometimes I have doubts that I can do it and negative thoughts that hinders me to fully embrace the mantra in my life." – Participant 9

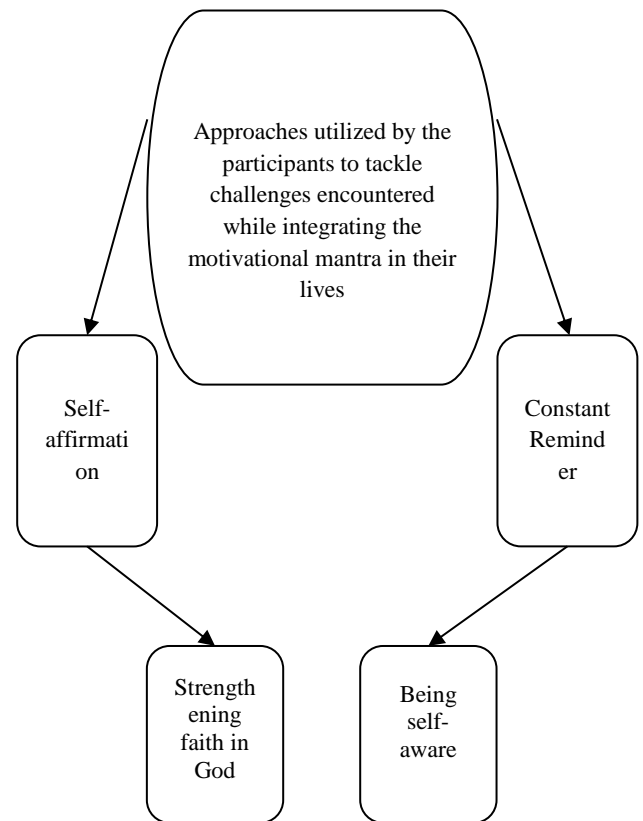
The conclusion of the answers to the sixth question was unanimous: maintaining a positive attitude while applying the motivational mantra was challenging. Consistency is difficult, especially when people face obstacles while trying to do something regularly. Although the motivational mantra serves as a positive affirmation to inspire and motivate, people do not always feel enthusiastic. During tough times, it becomes hard to use the mantra daily because it may not resonate with their current feelings.

According to Gilbert (2023), one struggle people face in staying consistent is focusing on the results rather than the process. Similarly, some participants might have been thinking about the end goal of applying the motivational mantra instead of the actual process.

Moreover, Corris (2020) found that the difficulty in staying positive is often linked to one's mental state. People may become unfocused on their tasks, such as applying the motivational mantra, due to various thoughts clouding their minds. They might forget to use the mantra or avoid thinking about it at times. This state can

harm their mental health and cause them to lose direction in life. Consequently, participants questioned the effectiveness of the motivational mantra because they couldn't see its relevance to their current state or for other reasons.

Figure 7 : Strategies that the Participants have Employed to Overcome these Challenges during their Journey to Integrate the Motivational Mantra into their Daily Lives



In response to the seventh question, some of the participants described how they overcame the challenges they faced while integrating the motivational mantra into their daily lives. They mentioned that they overcame these challenges by giving themselves affirmations about trusting their own capabilities, believing that God had entrusted them with their own lives, which in turn strengthened their faith in Him. This is the first theme. Below are statements from participants indicating that self-affirmation was key to overcoming challenges during their journey of integrating the mantra into their daily lives.

"The strategy I employed in the challenges during this journey is probably believing and applying the mantra itself. Through integrating this mantra, it became my strategy to do things with His guidance as well." - Participant 5

"I overcame the challenges that I come across with the help of the mantra by making decisions that I think that God would have chosen for me. This means sticking to what I think is right and overcoming these challenges in the right way." - Participant 8

"To overcome these challenges, I practice self-compassion which allows me to be gentle with myself.

This might be a hard thing for me but I just learned how to adapt and get used to incorporating the mantra into my life.” - Participant 9

By believing in God and practicing self-affirmation, participants overcame challenges in integrating the daily mantra. They believed their abilities came from a higher power, made decisions aligned with their beliefs, and were kind to themselves, which helped them get accustomed to repeating the mantra daily. They emphasized the importance of truly believing in the mantra and following its advice, as this enabled them to endure adversity. Consequently, they were able to resolve conflicts in a goal-oriented manner that aligned with their spiritual beliefs.

During challenging situations, self-affirmation involves reflecting on personal values and strengths, which helps individuals maintain a sense of self-integrity. By reaffirming their core values, individuals can bolster their self-worth and confidence, enabling them to tackle obstacles effectively. Engaging in self-affirmation can also mitigate defensive responses to threats or challenges. When individuals feel their self-concept is threatened, self-affirmation acts as a buffer, reducing the need for defensive mechanisms that may hinder problem-solving or growth. In the face of adversity, self-affirmation has been linked to improved resilience. By reminding themselves of their values and strengths, individuals can cultivate a more adaptable mindset better equipped to navigate obstacles with a positive outlook (Emonds et al., 2023).

According to Gegajo (2021), effectively overcoming challenges enhances performance, boosts confidence, and neutralizes threats through self-affirmation. Self-affirmation contributes to improved psychosocial well-being and mental health by promoting self-acceptance and positive behavior. It supports participants in developing a positive self-concept and self-esteem, which are important for their personal and social growth.

Furthermore, self-affirmation encourages a growth mindset and adaptable decision-making, supporting positive behavioral change. People are more likely to adopt positive behaviors consistent with their true selves when they affirm their core values and beliefs (Creswell & Lindsay, 2019). The mantra "God has entrusted me with myself" emphasizes the idea of divine trust and stewardship. It inspires people to honor their inherent potential and worth by acting with purpose and integrity.

The second theme that emerged from the answers was about constant reminders. Some participants mentioned that to overcome the challenges they faced while integrating the motivational mantra into their daily lives, they constantly reminded themselves of the mantra. This helped them become more self-aware of their actions and decisions. Below are statements from participants indicating how the constant reminder of the motivational mantra aided them in overcoming these challenges.

“When I feel that I am losing track of using the mantra, I take a deep breath and remind myself that this mantra is a positive one to change my mindset and ease my mind.” - Participant 1

“To overcome these challenges, I employed different strategies, including deep breathing, positive affirmations, focusing on self-care, seeking support from loved ones, and reminding myself of the mantras’ empowering message. These strategies, combined with

the consistent repetition of the mantra, allowed me to navigate challenges effectively and maintain a balanced approach to life.” - Participant 2

“The only strategy I used is to keep on repeating it in my mind in every situation I got into. Especially whenever I’m having doubts in myself and feeling anxious about something.” - Participant 3

“Although it is normal to have moments of uncertainty and doubt because they are part of the process. I keep reminding myself that change takes time, so staying open-minded and giving it a shot helped me overcome this challenge.” - Participant 4

“Well, the only strategy that I did is that even though I had a lot of doubts, I trusted myself and the mantra as well which I think helped me a lot to use the mantra every day and for it to become a reminder. Well, I guess it worked. The mantra really helped me to be motivated as time goes by.” - Participant 6

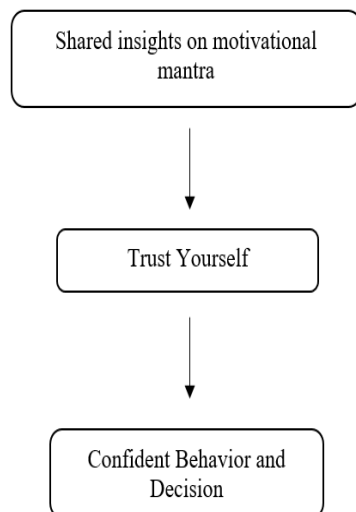
“The only strategy that I have applied is convincing myself that the effectiveness of everything is not linear. I kept reminding myself that it is okay that sometimes things won’t just go the way we want them to be. I think that’s the real purpose of the mantra, to be able to be still despite facing inconsistencies in the process just by knowing that God has really entrusted us with ourselves.” - Participant 7

It was observed that majority of participants reported using strategies such as self-talk, deep breathing, self-care, asking for help, and consistent reminders to follow their daily routine for 21 days. These strategies helped them stay focused, and mindful, and avoid feelings of fear and anxiety by constantly repeating the mantra. Despite potential uncertainties, they chose to be patient and trusted the process of change. By convincing themselves that their efforts would eventually pay off and finding comfort in their beliefs, they were able to endure ups and downs and grow stronger.

Additionally, Raval (2024) noted that the continuous repetition of a chosen mantra, either silently or aloud, helps stabilize the incessant stream of thoughts, promoting mindfulness, focus, and inner tranquility. With dedication, individuals may experience a sense of unity with the mantra, accessing heightened states of consciousness and transcending egoic limitations. This heightened awareness aids in overcoming challenges by providing clarity and perspective. Scientific research shows that mantra meditation results in observable changes in brain activity, affecting neural networks related to attention, mood regulation, and self-awareness, which can help participants maintain composure and resilience when facing challenges.

Furthermore, Lucero (2021) added that individuals use mantras or affirmations as coping strategies to reinforce positive beliefs and maintain focus on their goals through constant reminders. Mantras help maintain a clear understanding of reality and increase self-esteem by serving as reminders of personal strengths, values, and goals. This contributes to overall well-being and adaptive coping strategies, enhancing cognitive and problem-solving skills.

Figure 8 : Insights that the participants want to share about the motivational mantra



For the final question, participants were asked to share insights about the motivational mantra with others. All responses converged on a common theme: trust yourself. Participants explained that the mantra emphasizes the importance of self-trust and confidence in the skills and abilities given by God. By trusting ourselves, we can make confident decisions and navigate life's challenges with resilience. Below are statements from participants illustrating how the mantra encourages self-trust.

"It's not too late to encourage yourself that God has trust in you and that you can do it and survive whatever happens. When there's no one there for you, you'll always have yourself and God. You can surpass all the challenges and struggles as long as you believe that you can, just like God entrusted you with yourself." – Participant 1

"This mantra, "God has entrusted me with myself," is a powerful tool for self-growth. It can help you manage stress, prioritize self-care, and face challenges with a positive attitude. By trusting yourself and your abilities, you can achieve your goals and find inner peace." – Participant 2

"Have more faith and trust in yourself, because no one will help you pick yourself up but you. Let the challenges you'll face help you to grow, and be a better version of yourself." – Participant 3

"Trust yourself and embrace all challenges, failures, and detours on your path to self-improvement. Consider the obstacle as an opportunity for progress, a chance to learn, adapt, and evolve." – Participant 4

"Probably just trust in yourself when in doubt. You are not alone through battling the waves of life, there's someone who has entrusted you with yourself. You got this, like you always do!" – Participant 5

"This motivational mantra is like a reminder that we are in charge of our own lives. It tells us to take responsibility for ourselves and trust in our abilities. By believing in this mantra, we can grow stronger, face challenges with courage, and live our lives to the fullest." – Participant 6

"Put God in the center of everything and put your mind in your greatest desire." – Participant 7

"Whatever decision or path we choose for ourselves is what God chooses for us. God has entrusted us to choose our own journey. That is why we must also trust in ourselves to be able to face any hardships or challenges head on." – Participant 8

"All I can say is that everything happens for a reason. Whatever life may throw at you, you just have to put your trust in Him and most importantly with yourself because God has entrusted you with yourself and to navigate your journey in life. Just face forward and face challenges with His guidance." – Participant 9

Believing in oneself and recognizing that God grants individuals the capacity to overcome challenges and make confident decisions is crucial. Trusting oneself means acknowledging that even in the face of adversity, one has the strength and divine guidance to navigate life's challenges. By embracing these challenges, prioritizing self-care, and having faith in both personal capabilities and divine support, individuals can cultivate a sense of self-trust that empowers them to persevere, grow, and live in peace.

Trusting oneself involves various factors across different domains of human interaction and development. It encourages prosocial behaviors, influences interpersonal dynamics, and facilitates decision-making processes. Individuals with high self-trust set ambitious goals and rely on their partners, while those with lower levels may adopt conditional trust mechanisms. This self-trust fosters self-confidence and self-esteem, promoting positive self-perception and belief in one's capabilities, and encouraging personal growth through embracing challenges and learning from setbacks (Aldasheva et al., 2019).

Moreover, participants in mantra meditation show significantly higher levels of self-efficacy, psychological well-being, and self-trust, as demonstrated in Sharma's (2019) study. Participants reported feeling more confident, self-assured, and trusting of their abilities, along with experiencing lower levels of stress, anxiety, and depressive symptoms. This insight is what participants wish to share with others who might use this motivational mantra.

Furthermore, Crook et al. (2020) suggest that self-trust is foundational for effective leadership. It enhances the constructive feedback process, making leaders more receptive to feedback, which is crucial for personal and professional growth. Self-trust strengthens decision-making and the analysis of outcomes, fostering a culture of authenticity and trustworthiness. This supports respondents' views that self-trust provides peace and confidence in their decisions, helping them navigate challenges.

Summary

Here's a summary of the participants' experiences and insights regarding the motivational mantra "God has entrusted me with myself":

Impact of the Mantra: Over the course of 21 days, the mantra consistently reminded participants of their strength, capabilities, and self-worth. Consequently, it boosted their confidence to face obstacles and reinforced the belief that they are special creations of God, responsible for their actions.

Life Changes: As a result, participants reported subtle yet meaningful changes, such as a positive mindset shift, restored

empowerment, and increased self-worth. They became more conscious of their decisions, less uncertain, and more in control of their lives, which led to greater resilience and confidence.

Behavioral Changes: Furthermore, applying the mantra for 21 days led to significant behavioral changes. These included reduced self-doubt, decreased negative self-talk, and a more compassionate and proactive approach to situations. Consequently, this resulted in personal growth and a more fulfilling life.

Faith and Religious Belief: Additionally, participants experienced increased appreciation and gratitude for God's blessings, strengthened faith, and a stronger connection to the Divine plan. They felt more purposeful, responsible, and closer to their faith, with the mantra providing comfort during difficult times.

Commitment to Self-Improvement: After experiencing these positive changes, participants expressed their commitment to continuing the mantra for self-improvement. They emphasized staying grounded, maintaining a positive perspective, prioritizing self-care, supporting others, managing stress, and cherishing moments with loved ones.

Challenges: However, participants faced challenges in maintaining a positive attitude while practicing the mantra. They experienced self-doubt and questioned its effectiveness. Despite these challenges, they successfully integrated the mantra into their daily lives.

Strategies to Overcome Challenges: To overcome these challenges, participants used self-affirmations, practiced self-compassion, relied on constant reminders of the mantra, took deep breaths, focused on self-care, sought support from loved ones, and trusted in the mantra's empowering message.

Shared Insights: Ultimately, the mantra "God has entrusted me with myself" empowered participants to make confident decisions and navigate life's challenges with resilience. They emphasized the importance of trusting oneself, embracing challenges, taking responsibility for one's life, and putting God at the center of everything.

Conclusion

In conclusion, the mantra "God has entrusted me with myself" had a profound impact on participants over the 21 days. Firstly, it instilled confidence and reinforced their self-worth, enabling them to face challenges with greater resilience. Secondly, it led to meaningful life changes, including a positive mindset shift and increased self-control. Furthermore, the mantra fostered significant behavioral changes, such as reduced self-doubt and a more compassionate approach to life.

Additionally, participants experienced a strengthened faith and a deeper connection to the Divine, which provided comfort and a sense of purpose. Despite facing challenges like self-doubt, they successfully integrated the mantra into their daily lives by employing strategies such as self-affirmations and seeking support from loved ones.

Ultimately, the mantra empowered participants to make confident decisions and take responsibility for their lives, emphasizing the importance of trusting oneself and putting God at the center of everything. Moving forward, participants should continue to reinforce these positive changes through regular affirmation practices, self-reflection, and maintaining a positive perspective.

Recommendations

Based on the profound impact of the mantra "God has entrusted me with myself," several recommendations can be made for participants moving forward. Firstly, it is essential to continue practicing regular affirmations to reinforce self-belief and confidence. This will help maintain the positive mindset and resilience developed over the 21 days.

Secondly, ongoing self-reflection is crucial. By regularly evaluating their thoughts and actions, participants can ensure they remain conscious of their decisions and continue to build upon the positive changes they have experienced.

Furthermore, maintaining a compassionate and proactive approach to life is important. Participants should continue to practice self-compassion and positive self-talk, which will further enhance their resilience and optimism.

Additionally, it is recommended that participants nurture their faith and connection to the Divine. This can provide ongoing comfort and a sense of purpose, helping them navigate life's challenges with a positive perspective.

Moreover, prioritizing self-care and stress management is vital. By focusing on these aspects, participants can ensure they remain grounded and capable of supporting others while managing their own well-being.

Lastly, embracing challenges and viewing failures as opportunities for growth is key. Participants should trust in their abilities and take responsibility for their lives, continuing to put God at the center of everything.

In general, adhering to these recommendations will enable participants to maintain and enhance the positive transformations initiated by the mantra. This approach will foster a more fulfilling and resilient life.

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