

Katrina and Tylor Affirmation mantras

A word to yourself, your mantra. You are--

Friendly?

Oh, I like it. I am friendly. And another one?

I am super-friendly?

You are friendly. You are super-friendly. That means, like, you are open. Think of another word. Think of another word.

Lively, loving, care.

Smart.

OK. I am friendly. I am smart. OK. Let's do Tylor's.

I am friendly. I am smart. I am friendly. I am smart. Satnam, satnam, satnam ji. Waheguru, waheguru, waheguru ji. Satnam, satnam, satnam ji. Waheguru, waheguru, waheguru ji.

Very good.

Let's see what mine is going to be. I am flexible and I am caring. What do you think?

I am flexible. I am caring. I am flexible. I am caring. Satnam, satnam, satnam ji.

Wiggle it.

Waheguru, waheguru, waheguru ji.