



Tools for Better Living

Guide to help establish a Motto, and Slogan for your life

All people establish basic life principles that govern the way they live. These are instilled in us as children, and as we age. We might not even realize that this happens, but quite often we live life according to the various beliefs and ideas instilled in us. Many times these beliefs subconsciously dictate our actions, and can indicate how we respond to events around us. To help bring these beliefs out into the open, we need to quantify them in writing. This way we can begin to consciously establish principles, guidelines, and goals to help us live better lives. To help, let's look at two important areas.

1. Motto: Merriam-Webster's dictionary defines a motto as "a short expression of a guiding principle" A motto is basically a short group of words that define the principles or ideals we live by. The Boy Scout *motto* is "Be prepared", and Apples motto is "think differently". Whether we know it or not, we also have mottos in which we live by. You might be the risk averse "safety first" type of person, while another might be the accountability conscious, "you reap what you sow" kind of person. Having a well defined motto for our life may just help us live better and more fulfilling lives.

2. Slogan: The word slogan comes from a Gaelic word used to define the war-cry used to rally people together by various Scottish Clans. Today Merriam-Webster defines slogan as "a word or phrase used to express a characteristic position, stand, or goal to be achieved." While a motto helps guide our life; a slogan is more on how we live our life. A famous candy slogan is "M & M's melt in your mouth, not in your hand, and American Express is, "Don't leave home without it". You might be one of those adventurous, "Never knock it, before you try it" kind of guys, or the risk taking, "The greater the risk, the greater the reward" kind of gals.

INSTRUCTIONS:

Below is an interactive tool to help you establish a Motto and Slogan, because we all have them and often repeat them without recognizing we are doing so. The word document can be modified including: deleting examples, adding or deleting lines (by hitting the backspace or return keys), changing headings, font etc. REMEMBER to write down as many things as you can, and in as many ways as you can, and then we will help you summarize them in the end.

1. WHAT ARE THE MOST IMPORTANT THINGS TO YOU? (Your Priorities)

These are things you spend the most time doing, and are committed to accomplishing no matter how difficult they are.

Fill your answers in here.

2. WHAT MAKES YOU MOTIVATED? (Your Inspiration)

What makes you motivated to keep going to work, school, or other weekly endeavors? It could be your paycheck, being with friends, finishing tasks, etc.

3. WHAT ARE YOUR VALUES? (Your Morals)

Make a list of your most important values, both for yourself and what you expect of others. These include moral statements, like being honest, taking responsibility for actions, forgiveness etc.

SUMMARIZE THE ANSWERS TO QUESTIONS 1-3 INTO A FEW SHORT SENTENCES?

EXAMPLE:

I love to work with my hands, being creative, and believe that art is an important part in humanity and separates us from every other life on this planet. I also love watching people enjoy my art, and being around others interested in the same things. I believe that we are meant to serve a higher purpose, and that we need to forgive others, and help when they are overwhelmed.

4. WHO DO YOU ADMIRE AND WHY? (Your Heroes)

Think about all the people you have met or admire, and write down their name, and what makes them stand out to you.

People I admire	Why I admire them

5. WHEN YOU GIVE ADVICE OR CORRECTION WHAT IS IT YOU REPEAT THE MOST OFTEN?

This also includes what you think about saying as well. Is there a common thread to your belief system, like the importance of being safe, or maybe even taking risks? What you think and talk about regularly is a good determination of what your life's motto or slogan is.

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6. WHAT HAPPENS WHEN IT'S ALL SAID AND DONE? (Your Eulogy)

This may be somewhat difficult, but try to imagine what people would say about you if you died this week, and write a few areas your friends may focus on. Now try to write down what you would like them to say.

What my friends would say	What I would like them to say

SUMMARIZE THE ANSWERS TO QUESTIONS 4-6 INTO A NUMBER OF SENTENCES?

These last three are for looking at people, and our relationships with them. Most activities in life include interaction, and we tend to gravitate towards people with similar goals and beliefs. Try to summarize what makes you attracted to certain people, and things you think are important for others to believe in.

EXAMPLE:

I admire people who go beyond the status quo, and attempt to do things differently than others around them. I think my friends would say that I am somewhat obsessive, but dedicated to painting and other artistic endeavors. I believe its important for everyone to expand their abilities especially in artistic endeavors.

FINALIZE ALL THREE SUMMAIRES INTO A SHORT PITHY MOTTO OR SLOGAN?

There are three steps to summarizing a large group of sentences into a smaller paragraph.

1. Find consistent key words that run throughout the sentences. For example the words - art, painting, travel, creative, job, money, others, friends & enjoy run consistently through the summaries above.
2. Identify the core issues, or main ideas running through the answers. For example the main themes seem to be - being able to make a living through creative art, bringing joy and inspiration to others, traveling for inspirational purposes, and the negative effects of being isolated and not interacting with others.
3. Write a few sentences in the forms of goals using the key words, and main themes. For example. My goal is to be able to quit my job, and make a living at being an artist especially through painting. I want my artwork to be seen and enjoyed by as many people as possible. I want to encourage others to pursue their dreams, and be able to help them along the way. I want to travel to inspirational places with others interested in art, and expand our horizons.

Possible Slogans:

Inspiration Through Art. Unique Art, Inspirational People. Live Life, Enjoy Art. Paint well, Live well.

Possible Mottos:

Great artists expand their horizons. You can't enjoy art alone. Creativity through inspiration, inspiration through experience, experience through actions.

MY MOTTO

MY SLOGAN

THOUGHTS, IDEAS, POSSIBLE ALTERNATIVES