

Seven-Word Life Motto

Adapted from Designing Your Life Institute by Bill Burnett and Dave Evans

Your Seven-Word Life Motto defines how you'd like to live your life every day, in seven words - no more, no less. Your Life Motto should be the words that you see to get you out of bed in the morning.

Why a Life Motto? (From dictionary.com)

- A motto is: (1) a maxim adopted as an expression of the guiding principles of a person, and (2) a sentence or phrase expressing the spirit or purpose of a person.

Why seven words?

- In numerology circles, the number "7" is seen as being spiritual, reflective, introspective, and possessing wisdom and completeness.

To create your Seven-Word Life Motto, you may decide to choose a word or two (or seven) from the "Inspiration" list below to help you construct your Seven-Word Life Motto. Make sure that the words you use to construct your Life Motto are words that inspire you, words that excite you, and words that will encourage you to be your best every day.

Inspiration Words List - Choose up to 7

Highlight, place a check next to or circle all the words that resonate with you the most. Note: If there are words that are not listed that fit you better, add them to your list.

Abundant	Achieve	Accomplish	Active	Action	Admire	Adventure
Aligned	Alive	Amazing	Appreciate	Artistic	Astonish	Astounding
Authentic	Believe	Beautiful	Best	Blessed	Bliss	Bold
Bright	Brilliant	Centered	Cheerful	Cherish	Clear	Compassion
Complete	Confident	Connected	Courage	Create	Creative	Delightful
Delicious	Desirable	Determined	Discover	Dream	Dynamic	Elegant
Embrace	Empower	Encourage	Energetic	Enhance	Engage	Enjoy
Enough	Enthusiastic	Exceptional	Exciting	Experienced	Explore	Exquisite
Faith	Fabulous	Fair	Fascinating	Flourish	Freedom	Friendly
Fulfilled	Fun	Generous	Genuine	Gifted	Glorious	Glowing
Gorgeous	Graceful	Gracious	Grand	Great	Grow	Handsome
Happy	Hardy	Harmonious	Healthy	Helpful	Heavenly	Holistic
Honest	Hope	Humorous	Imaginative	Innovative	Inspired	Interested
Intuitive	Inventive	Invincible	Irresistible	Joy	Kind	Laugh
Lead	Limitless	Live	Lively	Love	Luminous	Magical
Magnificent	Marvelous	Masterful	Meaningful	Miracle	Motivated	Natural
Nice	Nurturing	Noble	Optimistic	Outrageous	Outstanding	Paradise
Passionate	Patient	Peaceful	Persistent	Play	Playful	Pleasure
Possible	Positive	Powerful	Precious	Prepared	Productive	Purposeful
Profound	Prosperous	Proud	Radiant	Reflective	Refreshing	Relaxing
Reliable	Remarkable	Renew	Resourceful	Respected	Rewarding	Satisfied
Secure	Seeking	Seen	Sensational	Serene	Service	Skillful
Smart	Smashing	Smile	Smooth	Sparkling	Special	Spiritual
Striving	Strong	Stunning	Successful	Superb	Talented	Tenacious
Terrific	Thankful	Thrilling	Thriving	Timeless	Transform	Treasure
Trusting	Truthful	Unique	Valuable	Versatile	Vibrant	Vision
Vivacious	Vivid	Warm	Wealthy	Well	Whole	Wisdom
Wise	Wish	Wonder	Wonderful	Worthy	Young	Zest

Constructing Your Life Motto

Your Life Motto is the story of your present and future. It must be EXACTLY seven (7) words - no more, no less. Remember that your life motto describes how you want to live your life every day, starting today.

Your Seven-Word Life Motto can be:

- One statement.
- A series of small statements.
- Seven individual words.
- Any combination of statements and/or words that work best for you.

Here are some examples:

Bill's Seven Word Life Mottos

- How I live my life every day:
 - (In my work) Dream Big. Live with Purpose. Inspire Others.
 - (In my life) Striving to be 1% better every day.
- How I serve others:
 - Becoming a self-expert leads to life transformation.
 - Achieving more than one ever thought possible!
 - Magic is something I create every day!

Life Motto Examples (from previous classes/workshops)

- Weaknesses are just your few strengths unconquered.
- Dream spontaneously. Love patiently. Live open-mindedly.
- Have faith. Love one another. Anything's possible.
- God has your back, just keep faith.
- Today makes you who you are tomorrow.
- Appreciate Life. Maintain health. Remember to play.
- Be happy. Be strong. Be free. Always.
- Make each moment inspiring with life's beauty.
- Ambition should be stronger than any fear.
- Live through captured moments from the past.
- Ambition is key. The gate is excellent.
- Lead others, serve others, and have integrity
- Be lovely, be loyal, and live enchantingly.
- Never be afraid to make an impact.
- Discover daily. Lead with integrity, optimism, love.
- Live every day like it's my last.
- Live intentionally. Be for others. Cultivate peace.
- Connecting people to their God-given destiny.
- Play every day. Live for each moment.

Now, use the space below to write out your Seven-Word Life Motto. Use any words you desire to construct your Life Motto - remember, it's YOUR Life Motto. Come up with seven words that describe how you want to live your life on a daily basis, words that will inspire you when you get out of bed in the morning. When you're feeling down, these will be the words that will inspire you to move forward. If you feel ambitious, create two or three Seven Word Life Mottos - and turn it into your Personal Manifesto. And if you want to really OWN your Life Motto, share it with at least three people that you know well and see how they feel about your life motto.