

Creating Your Motto

One sentence that captures what fulfills you and who it serves.

Your motto is a single sentence that captures what fulfills you and who it serves. It becomes your anchor when motivation fades.

Answer these questions honestly and take your time.

What have you discovered that fulfills you?

How does that fulfillment feel?

As you pursue this, how will it affect others?

When have you felt that feeling before?

Now in one sentence — describe what purpose you have, what you want to do, and who it will serve.

My motto:

That sentence is your motto. It should come from somewhere deep and feel completely yours. If it doesn't feel right yet, sit with it longer — it will come.

Bring it to your next session with Maya.