

The 5-Day BEST LIFE Challenge

100 Mottos!

Pick a motto that resonates with you.

When writing it or saying it yourself, even if it's a quote, change the pronouns from "you" to "I" and the words with what works for you! It's more powerful that way.

1. "Hakuna Matata" – "No worries – for the rest of your days!" The Lion King
2. Reach out and live life!
3. I'm on the right path using my inner self as guidance.
4. I pick a direction, I do everything I need to get there, and I have confidence that I'll be able to figure out a way over or around any obstacles to attain success.
5. I am possible. My Life is possible. My happiness is possible.
6. "Your heartbeat alone proves there are miracles. So, anything you want to do is possible!" Kate Hellmers
7. It's all inside me. I just need to get it out and live it!
8. With God with me, I can do anything!
9. I am creating the life of a champion in the way I think, feel, and live.
10. I Am strong enough.
11. I do not fear failure. I am strong enough to turn anything around.
12. Carpe diem

13. I thrive on challenges.
14. I am a leader.
15. I am a planner. I make my plan and execute it for success every part of my life.
16. Faster, higher stronger (Olympic athletes)
17. I am successful, kind, generous, and thoughtful.
18. Work harder and smarter than my competition.
19. Happiness depends on my attitude. (A version of Aristotle's "Happiness depends upon ourselves.")
20. "Above all to thine own self be true." William Shakespeare
21. I am becoming the best version of myself.
22. "Always be a first-rate version of yourself, instead of a second-rate version of somebody else." Judy Garland
23. Be kind and be confident.
24. I connecting to myself, centering myself, and therefore I can make decisions without regret.
25. I am discovering myself, changing what I want to and loving all of me. ("Know thyself." Socrates)
26. "Successful people do things when they don't want to." Dr. Phil
27. Breathe in confidence and courage and release fear.
28. "No one knows what he can do until he tries." Publilius Syrus
29. I am becoming the thousand points of light.
30. "Dream as if you'll live forever. Live as if you'll die today." James Dean

31. "My most important degree, is the PhD I received from the University of Failures. Now I know my direction and each step for success." Kye H
32. "The purpose of life is a life of purpose." Robert Byrne
33. "Do It Now!" Napoleon Hill
34. "Do or do not, there is no try." (Yoda – Star Wars) George Lucas
35. Rome was not built in a day. (Be patient, consistent and it will happen)
36. I am the spark for everyone. (You inspire others.)
37. I am the pack leader.
38. *"If you are going through hell, keep going."* Winston Churchill
(It eventually ends.)
39. "It is better to light a candle than to curse the darkness." Chinese proverb
(turning your mindset around)
40. "Tomorrow is another day." (Vivien Leigh) Gone with the Wind. Margaret Mitchell
41. "We must become the change we wish to see in the world." Mohandas (Mahatma) Gandhi
42. I will survive . (Powerful when you are facing tough times).
43. "When God closes a door, He opens a window." (Julie Andrews) Sound of Music, Rogers & Hammerstein
44. "When one door closes, another opens." Alexander Graham Bell
45. Walt Disney's had 2 main ones: "If you can dream it, you can do it."
46. and "Never give up."
47. Walt Disney's motto for Disneyland: "The Happiest Place on Earth."

48. The best medicine is a happy and healthy lifestyle.
49. "Visions without actions is a daydream." Japanese Proverb
50. Do something about it or accept it and not complain.
51. "You are what you think about all day long." Dr. Robert Schuller
52. I am not my mistakes. I am creating a better version of myself.
53. If you want to go fast, go alone. If you want to go far, go with others."
African Proverb
54. "Every wall is a door." Ralph Waldo Emerson
55. "Winners never quit and quitters never win!" Vince Lombardi (famous coach)
56. I prefer progress to perfection.
57. I forgive myself for mistakes and step forward proudly.
58. She/he who hesitates is lost. Or the original from Joseph Addison's play Cato (1712) – "The woman that deliberates is lost."
59. "You must do the things you think you cannot do." Eleanor Roosevelt
60. "I, not events, have the power to make me happy or unhappy today."
Groucho Marx.
61. "Count Your Blessing." Og Mandino
62. "Live Well, Love Much, Laugh Often" Anonymous
63. "Courage doesn't always roar." Mary Anne Radmacher
64. Live!
65. Live, Love, Laugh!
66. I am Free to be Me!

67. Excellence, Possibilities, and Doing it!
68. I fly with wings.
69. Hope, Dreams, and Confidence
70. Friendships, Love and Courage
71. "If you are afraid to stumble, don't move." Kye Hellmers
72. New Experiences are in my Future!
73. The power of myself is finally being realized... or...
The power within me is finally being realized.
74. My passions, my gifts, and myself are flourishing.
75. I am transforming into my best self.
76. Simplicity, quality, love.
77. Enduring, Foundational stability, Love of Life.
78. Nourish my self, my life, my business, and my relationships.
79. Keep Stepping Forward.
80. Hooked on life!
81. Let the power within me shine forth.
82. May the miracles of life shine upon me.
83. Empowering myself with my gifts, my passions, and creating success.
84. Solutions, Creativity, Productivity.
85. Changing my energy, changing my life!
86. More fun times!
87. More success!
88. Peace, helping others and success for myself and family

89. Dance, Love, Live
90. I notice the beauty in life and release the negative from my life.
91. "If my grass isn't greener, than I just haven't watered it yet." Kate Hellmers
Find Your Runway – Change Your Mindset, Tap into your Intuition, and Find Your Greatest Happiness
92. I'm not going to let my wishes and dreams scare me. I'm going to take charge & triumph with them!
93. "Release the negatives in your life, and multiply the positive things you think and do." Kate Hellmers (Change to first person - Release negative/multiply positive I do.)
94. Unicorns make me happy. (Nothing is impossible)
95. Being healthy, acting positive, loving life.
96. Life might not be easy, but when I pay attention, it is always worth it.
97. I'll do something to step forward in my life today.
98. "Smile at someone today. It might be the only smile they see all day."
- Patrick Ryan, Sr.
99. "Life is like a butterfly. It can start out hard and ugly and turn into something beautiful that can effect breezes across the world." Kate Hellmers
100. "Every accomplishment starts with the decision to try." JFK