

Mottos and mantras

Mottos and mantras are kinds of inspirational catchphrases. Can you think of any? A really well known one is 'Carpe diem' (Latin for 'seize the day').

Here are some others you may have heard of:

'You're never too small to make a difference' – Greta Thunberg

'Everyone thinks of changing the world, but no one thinks of changing himself' – Leo Tolstoy

'Great acts are made up of small deeds' – Lao Tzu

'All our dreams can come true if we have the courage to pursue them' – Walt Disney

'Even the smallest actions are steps in the right direction'

'Hakuna matata' (Swahili for 'No problem(s)') – from the film *The Lion King*

'Do small things with great love' – Mother Theresa

'Small actions x Lots of people = Big change' – We are what we do

'I have not failed. I've just found 10,000 ways that won't work' – Thomas Edison

'Great things are done by a series of small things brought together' – Vincent Van Gogh

'If I cannot do great things, I can do small things in a great way.' – Martin Luther King Jr.

Look up some others, chose your favourite, and write it out in the space below. Or you could make up your own motto or mantra.

Create your own motto

Choose a group (e.g. club or sports team) and design a crest to represent your group. Create a motto for your group and write it in the banner below.

Group: _____

