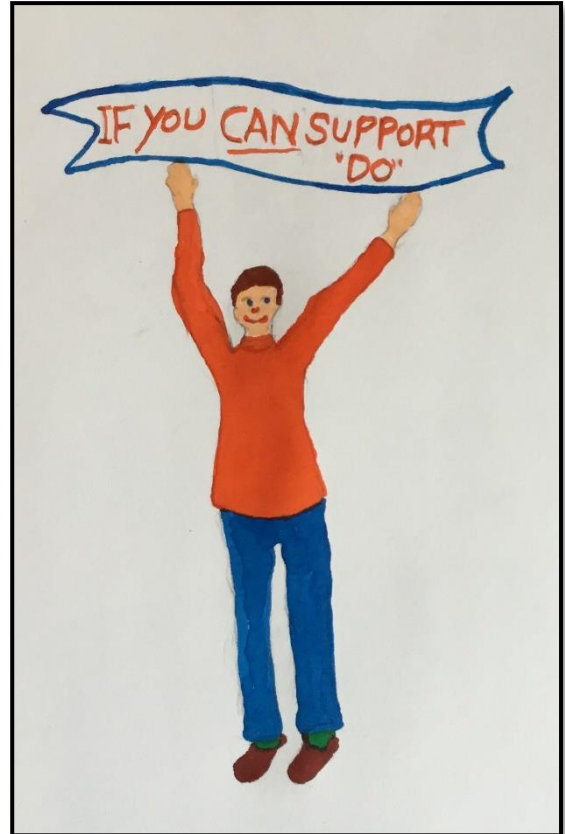


A SLOGAN TO LIVE BY

Take time and enjoy the small things instead of trying to make the big things happen. By coming up with a 'slogan to live by' you can take charge and feel positive. **If you had to think of a motivational thought to inspire your everyday what would it be?**



ACTIVITY

- Firstly, think about what is important to you right now and what motivates you.
- Experiment with words and phrases until you find something that sums up what you would like to express. Try writing it down a few times and saying it out loud to see if it feels right.
- Once you have decided on your slogan you could create something visual to go with it.
- Your slogans can be painted, collaged or photographed but they should be powerful and meaningful to reinforce your message.

Put your slogans up somewhere you will see them every day and live your life by them.

Please send pictures to us so we can share them on social media to help motivate others.