



My Family Motto Project

This project requires individual thought and family collaboration!! A motto can be a word, phrase, quote, bible verse, or a wise saying. You can also choose to make the motto into a goal that you or your collective family wants to reach.

Please note: A family can be an individual, couple, or a collective group with a common bond. A single adult can represent oneself as a family.

The official definition of **Motto**: *a short sentence or phrase chosen as encapsulating the **beliefs or ideals** guiding an individual, family, or institution.*

Examples:

- ❖ “Don’t Quit, See the Finish line!”
- ❖ “The Smith Family Works Together—Plays Together!”
- ❖ “We Fall Down, but **We Choose to Get Back Up**”!!

The Importance: The Family Motto serves as a focal point for an individual or family unit to use as a guide and motivation for connectivity. It involves creativity and investment. The **motto** can be a reminder of clarity, purpose, connectedness and belonging, especially when times are difficult.

Instructions: Sit with your family and discuss what the family believes or stands for as a united group. When people interact with you or the additional members of your family, what do you want them to notice about you? What impression do you want to leave on others? The answers to these types of questions need to be spoken.

Use the blank page to write out the family motto and start walking that motto out in the home and in your community. Use a large, permanent marker so that the Motto is visible! Post your Family Motto in a central location in the home so that everyone is reminded and encouraged! You and your family are worth it! Enjoy.

Variations: Feel free to change or modify your motto based on seasons, annual, circumstances, or changes within your family dynamics. You can also encourage the older youth to have their own personal motto that they can be held accountable for. Remember to make this a unified project. All voices are important.



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Benefits of this activity: Individual thought & Group collaboration. Gain and express the ability to become more aware of self and others. This is an opportunity to **introduce empathy**. Listening skills can be increased. Self-awareness can be strengthened. Creativity amplified.

Family Motto:

Date of Motto Creation: _____

Contributing Members: _____