

Personal mottos?

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A motto refers to a guiding principle, whereas a slogan is more of a pithy phrase, although it, too, can reference a guiding principle.

Don't overthink it. Do less than you want to. Approach practice as indulgence instead of work. Choose what is self-reinforcing. Old age is not for the faint of heart... These are some of my current favorites; I find them useful based on circumstances, but to others they may certainly be trite or even meaningless. Basically I use them as pointers. And sometimes they just make me chuckle.