

NAME: _____

Olympic Values

Citius, Altius, Fortius! These Latin words are the Olympic motto and mean, “Swifter, Higher, Stronger.” All athletes come to the Olympic Games striving to do their personal best, but they also understand that the Olympic Games are about participation, fair competition, celebration, and friendship.



A personal motto can help you stay focused on what you believe to be truly important and might describe how you want to live your life. Some well-known mottos include “Stop and smell the roses” and “Live life to its fullest.”

Directions:

Brainstorm a list of personal characteristics that are important to you. Choose one or two and create your own personal motto. It should be short, catchy, and easy to remember.

Characteristics that are important to me:

Example: honesty _____

My motto:

Remember to recite your motto often so that you stay focused on what is important to you. Try hanging your motto on your bedroom mirror or writing it on the front of your notebooks!

Values* of the Olympic Games:

- | | |
|------------------|------------------|
| 1. Striving | 5. Fair play |
| 2. Determination | 6. Optimism |
| 3. Friendship | 7. Respectful |
| 4. Peace/Unity | 8. Inspirational |

*Source: International Olympic Committee.

BONUS!

List three personal values that you would like to follow to help you lead a happy and healthy life:

1. _____
2. _____
3. _____

