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# Find a Guiding Metaphor or Wise Words to Live By

Having a handy metaphor or words of wisdom to guide your life can help you make better choices in the moment or help you put things in perspective. It may be something your parent or grandparent said that guided you. A guiding metaphor should be something that comes to mind easily and represents your outlook on life or you could create one that would rewire a more positive outlook on life. Most people have several sayings (guiding metaphors) that they say under different circumstances.

Here are some examples:

What doesn’t kill you makes you stronger. Nietzsche

Life is like an ocean: some days it’s calm and some days it’s rough.

Guess I’ll have to put on my big boy/girl pants.

Take care of the little things and the big things will take care of themselves.

Listen throughout the day to conversations that you overhear or engage in. Listen to TV shows, movies, or podcasts and set an intention to find the guiding metaphors.

List some phrases you have heard and then pick the one that most resonates with you.

Which one of these most resonated with you and why?