

YOU AT YOUR BEST



In this exercise, you will imagine your best possible self in a future where things have gone as well as possible, and you have accomplished all your goals.



Step one:

Think of a time in the past few weeks when you have felt the most 'at your best'

Step two:

Replay the moment a few times in your mind, really focus on the finer details like your emotions

Step three:

Next up, you'll need a journal or piece of paper to write this moment out in a step-by-step account so we can highlight your strengths

Step four:

Circle or highlight five times you can spot when you did something well.

Step five:

Circle or highlight as many specific strengths you can find



Step six (very important):

Have a think about any other times you have used/displayed these same strengths. Reflecting on your personal strengths is not enough; you have to use them.