



WHO ARE YOU WHEN YOU'RE AT YOUR BEST?

When you are being the best version of yourself, what qualities are you displaying?

What **strengths** are you demonstrating when you're at your best?

What **values** are you upholding when you're at your best?

What kind of **parent** are you?

What kind of **partner** are you?

What kind of **employee or business owner** are you?

What kind of **friend or sibling** are you?





Now ask yourself - **WHEN** am I at my best?

What needs to happen for you to be at your best?

For example -

I'm at my best when I get enough sleep.
When I exercise regularly.
When I don't take on too many commitments. Etc..



What can I do to make sure I'm at my best **MORE** of the time?

