

# Me At My Best



People who are able to notice the good things more often live longer, have healthier relationships & greater life satisfaction.

# Me at my best

Think of a time when you were at your best. It can be any time, any place, recent or further in the past. Use the boxes to describe that time in detail.

1. What were you doing?

3. What emotion were you feeling at the time?

2. What were you thinking at the time?

4. What did you look like to other people?

What are you most proud of in the last 6 months?

Have you shared what you are most proud of with anyone else? If not, we encourage you to. Be proud of the best you.



People who are able to notice the good things more often, live longer, do better in school, earn more money, have healthier relationships and are more satisfied with their lives.

