



MY BEST ME

1. Examine your life and consider what ONE thing would you like to see improved. Try to take an objective view? _____

- a. Why do you think it could be better? _____

- b. In what ways (be very specific) will this improve your quality of life?

- 1 _____

- 2 _____

- c. In what ways will it improve the lives of your family, friends or others?

- 1 _____

- 2 _____

2. Change is hard and by nature most people are opposed to it. Big shifts can be disruptive, are generally harder to do and more inclined to be short lived.

- a. What small thing can you start with to achieve your goal? _____

- b. What steps can you put in place to make it more of a lifestyle change than an instant gratification change? _____

3. Choose an accountability partner that you can share this with. Someone who will be encouraging but firm and supportive. _____

4. Chart your progress by setting milestone goals.

- a. _____

- b. _____

- c. _____



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5. Celebrate your wins at each milestone even if it's in a small way (i.e.: treat yourself to a coffee).
 - a. _____
 - b. _____
 - c. _____

6. Evaluate your do overs. Define why the goal wasn't met. What you can do differently to meet the goal this time? It's never a failure unless you give up on the mission.
 - a. _____
 - b. _____
 - c. _____

This is about improving not fixing; you are not broken. Never beat yourself about it but instead find ways to encourage yourself. This is a way to grow and to learn how to be your very best you.

REMEMBER ROME WASN'T BUILT IN A DAY

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PRACTICE MAKES PERFECT

HAVE FUN WITH IT