



When I am my BEST Self...

This is a journal-style exploration of what you experience when you are "being your best self". It's free-form, stream of consciousness, and there are no lines on this paper to confine or restrain you. Have at it. Draw, write, scrapbook... whatever comes to mind as you describe what you experience as your very best self. Print as many sheets as you wish, but don't write on the back. You'll need to see it all laid out in front of you for a future exercise.