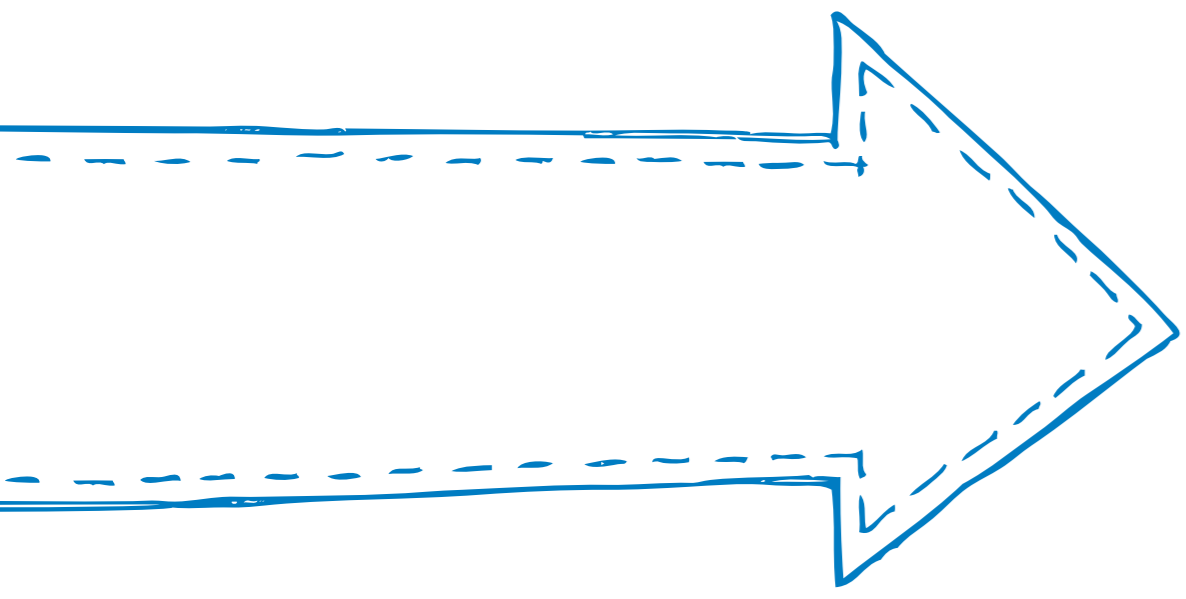
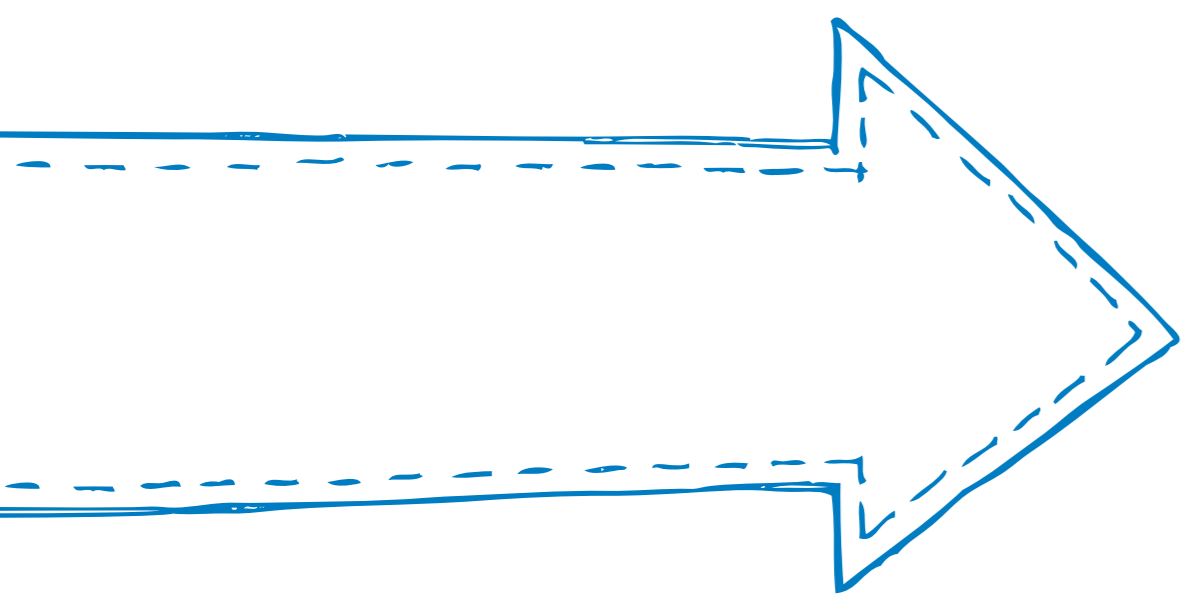


# Best Self

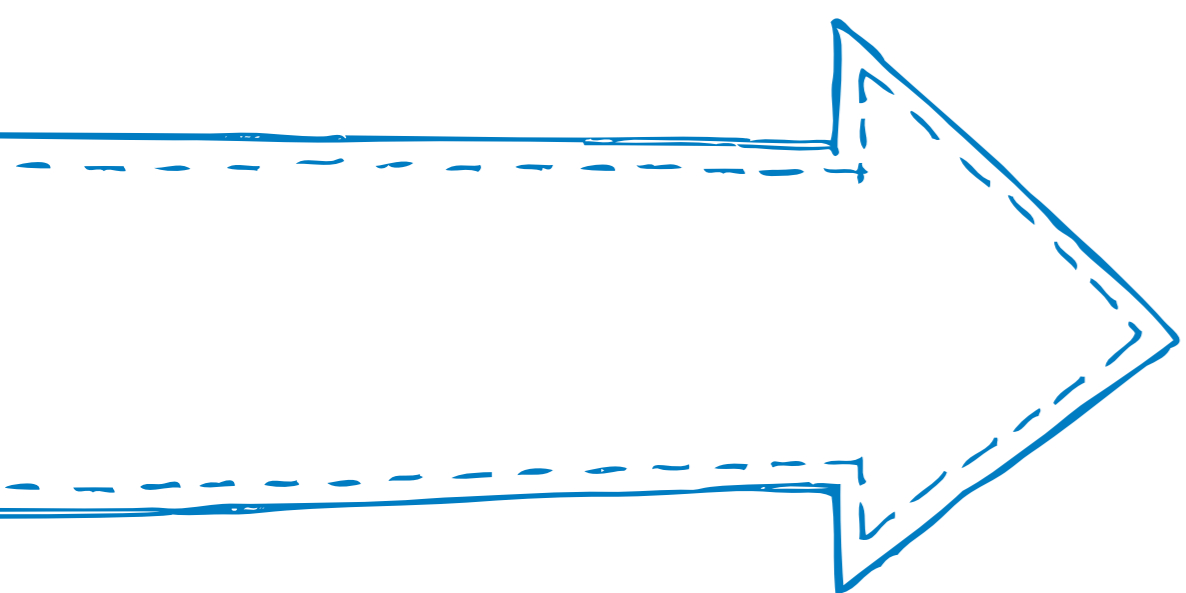


**Think of a time when you were most purposeful:**

- ★ Describe what happened
- ★ Which of the 4 energies did I use?
- ★ What impact did I have on others?
- ★ How did it feel?
- ★ How did this fit with what I care about?
- ★ What results were achieved?



**Speak from 'I'**



**Dare to boast**