You, at Your Best

Think of a specific time, recently or a while back, when you were at your best. You were expressing the qualities that make you feel the most authentic and energized. The experience made you feel proud and happy to be alive.

Develop a story for that experience or moment in time. Give the story a beginning, middle, and end. You might take the approach of replaying and reliving the positive experience in your mind, just as you were watching a movie of it.

Jot down ideas for your story below.

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