



## best version of me

date .....

I feel like my best version of me when...

List whatever comes to mind. examples: I'm relaxed, well rested, fun, patient with my kids, loving/affectionate, a great listener....

How I feel about myself when I'm  
the best version of me....

It's easier to be the best version of me when....

I'm a poor version of me when...

examples: I'm tired, overwhelmed, running late/feeling rushed, too hungry, too full, no time to myself...

How I feel and act when this happens:

What can I learn from these insights? What new habits can I create to make it easier to be the best version of me? (ie: go to bed earlier, eat healthy, get better organised, create written rules for the kids, ask for help, meditate, do yoga, surround myself with positive people, read inspiring books/blogs...)

**3 inspired actions that I will take this week:**

1. **when?**

2. **when?**

3. **when?**