

Head Heart & Hands Best and Worst Exercise

To give your best life the time and intention it deserves, let's explore who we are at our BEST and WORST.

Directions: Starting with #1, check 5-10 boxes in each of the 4 boxes below that best describe you. Use the blanks to write descriptions that are not listed.			
2. At my WORST I am...		1. At my BEST I am...	
<input type="checkbox"/> a bad listener <input type="checkbox"/> annoying, irritating <input type="checkbox"/> argumentative <input type="checkbox"/> boastful <input type="checkbox"/> bossy, demanding <input type="checkbox"/> defensive <input type="checkbox"/> disrespectful <input type="checkbox"/> envious, jealous <input type="checkbox"/> greedy <input type="checkbox"/> harsh, rude, sassy <input type="checkbox"/> impatient, easily angered <input type="checkbox"/> inconsiderate	<input type="checkbox"/> insecure <input type="checkbox"/> Irresponsible <input type="checkbox"/> lazy <input type="checkbox"/> judgmental, critical <input type="checkbox"/> rebellious <input type="checkbox"/> self-centered, selfish <input type="checkbox"/> self-righteous <input type="checkbox"/> uncaring, apathetic <input type="checkbox"/> uncooperative <input type="checkbox"/> ungrateful, whiney <input type="checkbox"/> other _____ <input type="checkbox"/> other _____	<input type="checkbox"/> a good communicator <input type="checkbox"/> a good leader <input type="checkbox"/> a good listener <input type="checkbox"/> accepting <input type="checkbox"/> adventurous <input type="checkbox"/> compassionate <input type="checkbox"/> confident <input type="checkbox"/> cooperative <input type="checkbox"/> diligent, hard-working <input type="checkbox"/> encouraging <input type="checkbox"/> focused <input type="checkbox"/> forgiving, gracious <input type="checkbox"/> Funny, humorous <input type="checkbox"/> generous <input type="checkbox"/> gentle, calm <input type="checkbox"/> grateful	<input type="checkbox"/> helpful <input type="checkbox"/> humble <input type="checkbox"/> joyful, hopeful <input type="checkbox"/> kind <input type="checkbox"/> out-going <input type="checkbox"/> patient <input type="checkbox"/> persistent, perseverant <input type="checkbox"/> positive, optimistic <input type="checkbox"/> punctual <input type="checkbox"/> respectful <input type="checkbox"/> sincere, honest <input type="checkbox"/> supportive <input type="checkbox"/> trustworthy, loyal <input type="checkbox"/> warm, friendly <input type="checkbox"/> other _____ <input type="checkbox"/> other _____
4. Situations that Can Bring Out My WORST		3. Situations that Bring Out My BEST	
<input type="checkbox"/> being tired <input type="checkbox"/> being hungry <input type="checkbox"/> being alone <input type="checkbox"/> being disrespected <input type="checkbox"/> being rejected <input type="checkbox"/> being bullied <input type="checkbox"/> being rushed or late <input type="checkbox"/> disappointment <input type="checkbox"/> financial pressure <input type="checkbox"/> negative peer pressure <input type="checkbox"/> busyness, too much activity <input type="checkbox"/> when others disagree with my ideas <input type="checkbox"/> being criticized <input type="checkbox"/> not getting my own way	<input type="checkbox"/> when I focus on winning the approval of others <input type="checkbox"/> daily demands (job, homework, chores) <input type="checkbox"/> external pressure from others to perform <input type="checkbox"/> internal pressure <input type="checkbox"/> too much time with nothing to do <input type="checkbox"/> too much unhealthy food or lack of exercise <input type="checkbox"/> being distracted by music, phones, media or computers <input type="checkbox"/> other _____ <input type="checkbox"/> other _____	<input type="checkbox"/> getting enough rest <input type="checkbox"/> good nutrition <input type="checkbox"/> encouraging words <input type="checkbox"/> music or media <input type="checkbox"/> being in nature <input type="checkbox"/> reading <input type="checkbox"/> having alone time <input type="checkbox"/> good instruction <input type="checkbox"/> praying, worshipping <input type="checkbox"/> receiving constructive feedback <input type="checkbox"/> having someone listen to me <input type="checkbox"/> being around positive people	<input type="checkbox"/> getting a hug <input type="checkbox"/> hearing inspiring stories of other people <input type="checkbox"/> serving or helping others <input type="checkbox"/> participating in groups or clubs <input type="checkbox"/> practicing to improve my skills <input type="checkbox"/> exercise <input type="checkbox"/> challenging opportunities <input type="checkbox"/> being prepared <input type="checkbox"/> other _____ <input type="checkbox"/> other _____

Knowing your choices have impact what is one thing you want to do this week, to improve how you ...

THINK **CARE** **ACT**
 learn, evaluate & hope, aim & help, solve, improve