

Exercise 1: My Best and Worst

Directions: To develop a big picture perspective, let us explore our BEST and WORST. Check 5-10 boxes for each prompt that best describe you. Then write down a few of your BEST and WORST descriptors in the lines below.

At my WORST, I am ...		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"/> hard-working <input type="checkbox"/> encouraging <input type="checkbox"/> focused <input type="checkbox"/> forgiving <input type="checkbox"/> funny <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"/> 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 _____
Situations that Can Bring Out My WORST		Situations that Can 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 rushed/ late <input type="checkbox"/> being criticized <input type="checkbox"/> disappointment <input type="checkbox"/> busyness, too much activity <input type="checkbox"/> when others disagree with me <input type="checkbox"/> not getting my own way <input type="checkbox"/> focusing on gaining approval of others	<input type="checkbox"/> daily demands-job, HW, chores <input type="checkbox"/> financial pressure <input type="checkbox"/> negative peer pressure <input type="checkbox"/> external pressure <input type="checkbox"/> internal pressure <input type="checkbox"/> too much free time <input type="checkbox"/> too much unhealthy food <input type="checkbox"/> lack of exercise <input type="checkbox"/> being distracted by technology <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"/> time alone <input type="checkbox"/> good instruction <input type="checkbox"/> praying, worshiping <input type="checkbox"/> receiving constructive feedback <input type="checkbox"/> being around positive people <input type="checkbox"/> being prepared	<input type="checkbox"/> having someone listen to me <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 improving my skills <input type="checkbox"/> exercise <input type="checkbox"/> challenging opportunities <input type="checkbox"/> other _____ <input type="checkbox"/> other _____

Talk About It

1. Give each person the option to share from their BEST WORST Exercise.
2. How do you think showing up your BEST-self empowers you to help drive Positive Change in your home, community, and world? How has showing up your WORST-self added to the problems around you?
3. Knowing our lives matter, what are you willing to do this week to improve how you: **THINK-** Learn-Evaluate **CARE-** Hope- Aim **ACT-** Improve-Engage.