

# Exercise 1: My Best and Worst

Directions: To better understand the impact of our choices, let us explore our BEST and WORST and start developing a strategy for doing things that bring BEST. 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"/> insecure	<input type="checkbox"/> a good communicator	<input type="checkbox"/> helpful
<input type="checkbox"/> annoying, irritating	<input type="checkbox"/> Irresponsible	<input type="checkbox"/> a good leader	<input type="checkbox"/> humble
<input type="checkbox"/> argumentative	<input type="checkbox"/> lazy	<input type="checkbox"/> a good listener	<input type="checkbox"/> joyful, hopeful
<input type="checkbox"/> boastful	<input type="checkbox"/> judgmental, critical	<input type="checkbox"/> accepting	<input type="checkbox"/> kind
<input type="checkbox"/> bossy, demanding	<input type="checkbox"/> rebellious	<input type="checkbox"/> adventurous	<input type="checkbox"/> out-going
<input type="checkbox"/> defensive	<input type="checkbox"/> self-centered, selfish	<input type="checkbox"/> compassionate	<input type="checkbox"/> patient
<input type="checkbox"/> disrespectful	<input type="checkbox"/> self-righteous	<input type="checkbox"/> confident	<input type="checkbox"/> perseverant
<input type="checkbox"/> envious, jealous	<input type="checkbox"/> uncaring, apathetic	<input type="checkbox"/> cooperative	<input type="checkbox"/> positive, optimistic
<input type="checkbox"/> greedy	<input type="checkbox"/> uncooperative	<input type="checkbox"/> hard-working	<input type="checkbox"/> punctual
<input type="checkbox"/> harsh, rude, sassy	<input type="checkbox"/> ungrateful, whiney	<input type="checkbox"/> encouraging	<input type="checkbox"/> respectful
<input type="checkbox"/> impatient, easily angered	<input type="checkbox"/> other _____	<input type="checkbox"/> focused	<input type="checkbox"/> sincere, honest
<input type="checkbox"/> inconsiderate	<input type="checkbox"/> other _____	<input type="checkbox"/> forgiving	<input type="checkbox"/> supportive
		<input type="checkbox"/> funny	<input type="checkbox"/> trustworthy-loyal
		<input type="checkbox"/> generous	<input type="checkbox"/> warm, friendly
		<input type="checkbox"/> gentle, calm	<input type="checkbox"/> other _____
		<input type="checkbox"/> grateful	<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"/> daily demands-job, HW, chores	<input type="checkbox"/> getting enough rest	<input type="checkbox"/> having someone listen to me
<input type="checkbox"/> being hungry	<input type="checkbox"/> financial pressure	<input type="checkbox"/> good nutrition	<input type="checkbox"/> getting a hug
<input type="checkbox"/> being alone	<input type="checkbox"/> negative peer pressure	<input type="checkbox"/> encouraging words	<input type="checkbox"/> hearing inspiring stories of other people
<input type="checkbox"/> being disrespected	<input type="checkbox"/> external pressure	<input type="checkbox"/> music or media	<input type="checkbox"/> serving or helping others
<input type="checkbox"/> being rejected	<input type="checkbox"/> internal pressure	<input type="checkbox"/> being in nature	<input type="checkbox"/> participating in groups or clubs
<input type="checkbox"/> being rushed/ late	<input type="checkbox"/> too much free time	<input type="checkbox"/> reading	<input type="checkbox"/> practicing improving my skills
<input type="checkbox"/> being criticized	<input type="checkbox"/> too much unhealthy food	<input type="checkbox"/> time alone	<input type="checkbox"/> exercise
<input type="checkbox"/> disappointment	<input type="checkbox"/> lack of exercise	<input type="checkbox"/> good instruction	<input type="checkbox"/> challenging opportunities
<input type="checkbox"/> busyness, too much activity	<input type="checkbox"/> being distracted by technology	<input type="checkbox"/> praying, worshiping	<input type="checkbox"/> other _____
<input type="checkbox"/> when others disagree with me	<input type="checkbox"/> other _____	<input type="checkbox"/> receiving constructive feedback	<input type="checkbox"/> other _____
<input type="checkbox"/> not getting my own way	<input type="checkbox"/> other _____	<input type="checkbox"/> being around positive people	
<input type="checkbox"/> focusing on gaining approval of others		<input type="checkbox"/> being prepared	

## Exercise 1b: What Makes My Story Better

Directions: In the space provided, list 3 words that summarize your most common behavior at your BEST and WORST.

**AT MY WORST I Am ...**

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**My Mixed Narrative**

**At My BEST I Am ...**

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*In a Small Group*

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1. Give each person the option to share from their BEST WORST Exercise.
2. Discuss how showing up our BEST-self, can enable us to create solutions to the problems around us, help us understand our lives have value, and increase our motivation to be a positive contributor?
3. Discuss how showing up our WORST-self can create problems and add chaos and hardship to our story.
4. While we will always have a mixed narrative, how can growing INWARDLY and OUTWARDLY and better understanding our value and dignity make it easier for us to be our BEST and realign when we are at our WORST?
5. Give each person the option of sharing what they are willing to do this week to improve how they THINK- Learn-Evaluate CARE- Hope- Aim ACT- Improve-Engage.