

BE YOUR BEST



Discover the best version of yourself and your life.

As you set on the journey to be your best self, understand it is an ever changing process that will shift during each season of life. Your best self will look different at 20, compared to 40. In your current phase, begin to uncover your best self by tracking your energy, and identify the difference between energy givers, and energy takers. Journal and reflect to discover patterns and set goals to shift

them. As you work to make moves, assess what you can control and set your attitude to tackle life's up and downs.

Focusing on energy-GIVING lifestyles choices can amplify your life. Try healthy communication and boundaries, eating high-quality foods, getting outside, engaging in hobbies and spending quiet, reflective time with yourself.

Aim to make consistent efforts at building energy boosting habits into your daily life. Over time, it will lift you toward your best self.

STEPS TO BE YOUR BEST

PRACTICE POSITIVE SELF TALK

INVEST IN YOUR RELATIONSHIPS

ENGAGE IN FUN AND JOYOUS ACTIVITIES

PRACTICE GRATITUDE DAILY

SET GOALS FOR YOUR FUTURE

KEEP HEALTHY BOUNDARIES

REDUCE DISTRACTIONS

INVEST IN HEALTHY FOODS AND SLEEP

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The goal is not to be better than the other man, but your previous self.

- The Dalai Lama

**MAKING MOVES FOR
BETTER HEALTH**