

# Your Best Self.

## PURPOSE

Reflecting on who you are at your best will help you keep decisions and actions aligned throughout the legal process.



## JOURNALING EXERCISE

In an email, a Word doc, or on a piece of paper, write down your answers to the following questions:

- 1 Think about a handful of people that have had a significant, positive influence on you. Write down each name and identify 2 – 3 attributes that you admire in them.
- 2 Think about you among your friends or family. When you are being your best self – what attributes are they seeing in you? Write these down.
- 3 Think about yourself and being your best self. What attributes are you displaying when you are fully alive and fully engaged?
- 4 When you are not being your best self, what behaviors might you notice as red flags? Are you criticizing, blaming, being a victim, judging, catastrophizing?
- 5 Now that you've reflected on your best self, how will you incorporate that version of yourself during this situation? Think about these areas and others: *Communicating with ex and others | Parenting | Coping with your situation | Work | Social situations*
- 6 Years from now, when you look back at this situation, how do you want to remember yourself?
- 7 When your children are grown and recall this situation, how will you want them to remember you?
- 8 Now, take a few minutes to summarize your best self.
- 9 Remember this exercise when you feel out of sorts. Use your best-self description to help you guide your behaviors & actions to be true to yourself.

**Congratulations!** Your best self will help you confidently get through this with less stress, greater ease, and better outcomes.