



## **Best Self**

Think back to a time when you were at your best. When you felt effective and confident. Allow yourself to imagine it fully in your mind's eye. Write for 3 minutes about this time with as much detail as you can.

What was it about this experience that contributed to your happiness?

- What were you doing at the time?
- What did you feel?
- Where were you?
- Who else was involved?

Take 5 minutes to tell this story of your “best self” to your partner.

After you share your story, your partner shares what they perceive as your strengths, from the story. Add your own ideas about the strengths you displayed in the story.

Repeat for each person.