

What brings me joy and meaning in life?

What gives me a sense of purpose?

When do I feel most proud of who I am?

BEST SELF

Get to know your best self by exploring what brings you meaning, purpose and joy.

What matters most to me in this life?

What are my natural skills and abilities?

What do I admire or respect in others?

Who is the person I want to be or become? Who is my best self?

BEST SELF

Honor the person you want to be

Use this exercise to practice making positive decisions. It will help you think about what your best self would do.

With your best self in mind, fill in the blank: "I want to be a person who _____."

When faced with a decision, use your answer above to complete this question: "What would a _____ person do right now?"

Your positive decision: "A _____ person would _____ right now."

This decision flow is adapted from lessons introduced in [Atomic Habits](#) by James Clear. We suggest this book as an incredible resource for anyone who hopes to build healthy habits and a healthy decision-making practice for their life.