My Best SELf Analysis

Directions:
On the figure below, write an answer to each of the following prompts on the corresponding body part.

When you are your best SELf--
  o  Head – What are your thoughts?
  o  Eyes – What are you seeing?
  o  Mouth – What are you saying?
  o  Heart – What is in your heart? What are you feeling?
  o  Arms – What are you embracing?
  o  Hands – What are you doing?
  o  Legs – What is keeping you balanced?
  o  Feet – What is motivating you to keep going?

Then at the bottom of this sheet, write a number representing the percentage of time you feel you are your best SELf at work.
My Not-So-Best SELf Analysis

Directions:
On the figure below, write an answer to each of the prompts below on the corresponding body part.

*When you are less than your best SELf* —
  - **Head** – What are your thoughts?
  - **Eyes** – What are you seeing?
  - **Mouth** – What are you saying?
  - **Heart** – What is in your heart? What are you feeling?
  - **Stomach** – What is causing a pain in your gut?
  - **Arms** – What are you pushing away or rejecting?
  - **Hands** – What are you doing or not doing?
  - **Legs** – What is throwing you off balance?
  - **Feet** – What is causing you to drag along or keeping you stuck?

Then at the bottom this sheet, write a number representing the percentage of time you feel you are less than your best SELf at work.