

## My Best SELf Analysis

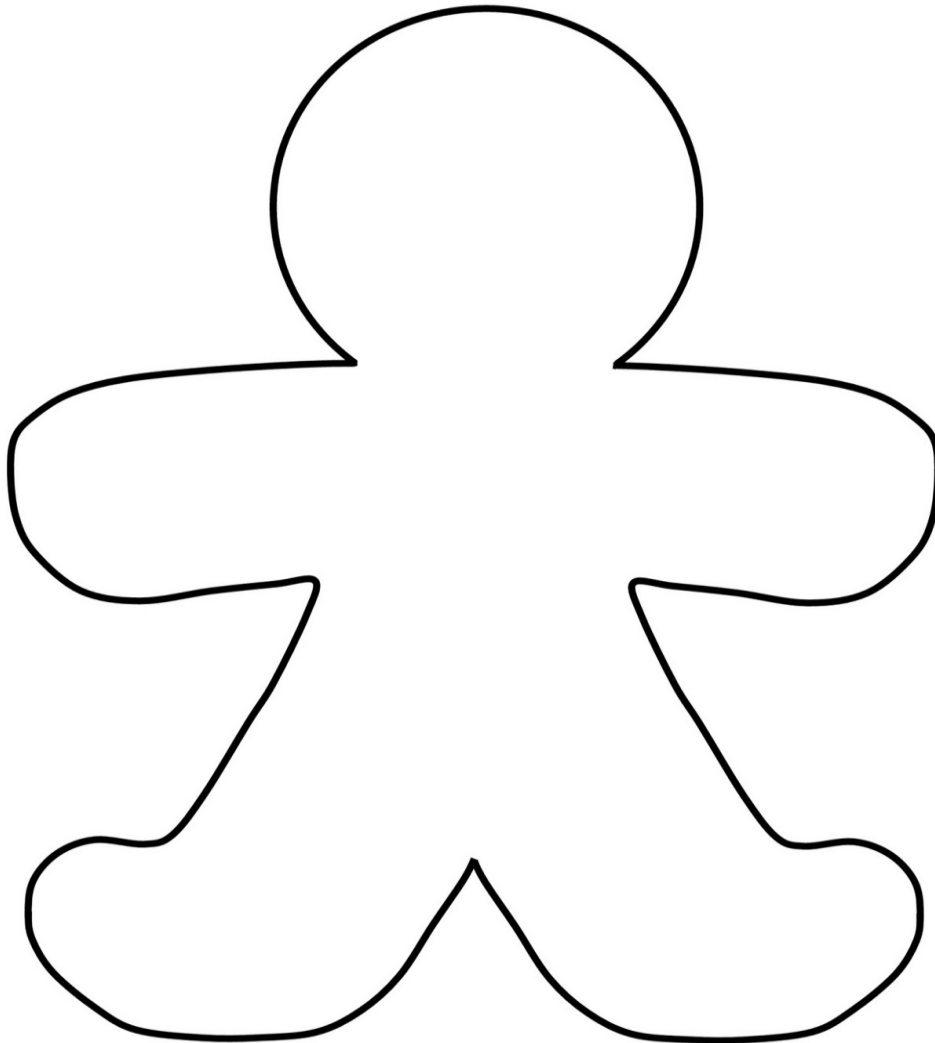
### Directions:

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

### *When you are your best SELf–*

- **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?
- **Arms** – What are you embracing?
- **Hands** – What are you doing?
- **Legs** – What is keeping you balanced?
- **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.

