



MY BEST SELF-IMAGE

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—SUSTAINABLE HIGH PERFORMANCE COACH—

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BEST SELF IMAGE WORKSHEET

True success begins with a clear vision for your future.

MY BEST SELF

Think of someone that you deeply respect. What are three qualities that you most admire about this person?

Imagine one of your children—or a person to whom you are especially close—describing you to others. What are the qualities you'd hope he or she would cite?

When you think about your energy, your performance, and your health what is your 'TO BE' goal?

What are the three biggest internal benefits of you becoming this person?

1	
2	
3	

Can you see and feel yourself being this person

☐

YES

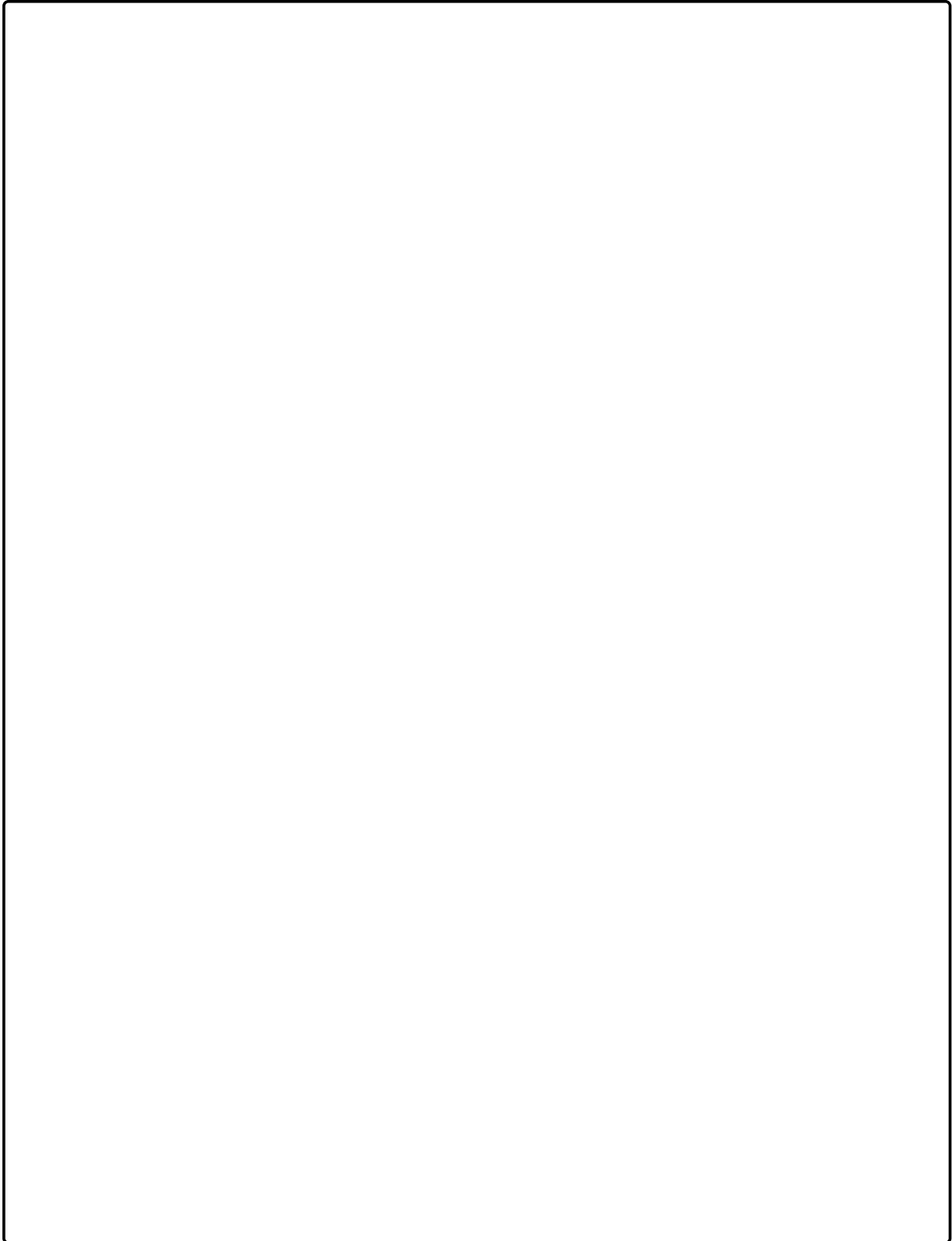
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NOT YET

MY BEST SELF IMAGE

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MY BEST SELF

A large, empty rectangular box with a thin black border, intended for a drawing or a written response. It is centered within a larger blue-bordered frame.