

# WORKSHEET II-1.

## Your Best Self

(adapted from Dr. Jim Loehr)

- Describe who your best self is. When you're being the kind of person you want to be, how would you describe what you're doing, feeling, saying, thinking?

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- How often are you being your best self...

Most of the time

Sometimes

Not Much

- On the court when playing?

	_____	_____	_____
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- Off the court during the rest of your life?

	_____	_____	_____
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- What gets in the way of you being your best self more often...

- On the court when playing? \_\_\_\_\_

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- Off the court during the rest of your life? \_\_\_\_\_

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