

At Your Best



What helps you be At Your Best more of the time?

Being Here Now

Being Grateful

Eating Better

Focusing on Spirituality

Being Aware of Your Moods

Exercising More

Spending Time with Friends

Having More Fun

Getting More Rest

At Your Best

Practice two things that help you be At Your Best & notice the benefits you experience

Pick two things that you can do to be At Your Best more often

At Your Best Assignment

understand the concept



Have you ever wondered why sometimes you are At Your Best... and sometimes you aren't? What causes us to be at our best some of the time and at our worst at others? What causes us to worry sometimes and to be grateful at others? Our thinking! Our feelings or our moods are our built-in indicator that tells us when our thinking is reliable and when it isn't. Paying attention to our moods will help us to be at our best more of the time and make adjustments when we aren't.

There are also a number of things that can affect our internal state, or our thinking: our relationships with family and friends, the amount of rest and exercise we get, our level of gratitude, what we eat or our diet, and our connection to our spirituality. When we have balance in our lives, our thinking tends to reflect this. When we are out of balance and we lack any of the essential things in our life, or have them in excess, our thinking can be negatively impacted.

reflect



- *What do you need to focus on to be At Your Best even more of the time and how can it help you?*
- *How would being At Your Best even more of the time benefit you at work, with the team and at home?*

practice

- PAY ATTENTION TO HOW YOU ARE FEELING/YOUR MOODS. NOTICE WHEN YOU ARE AT YOUR BEST AND WHEN YOU AREN'T AND MAKE A NOTE OF ANY PATTERNS YOU HAVE.
- PICK ONE OR TWO THINGS FROM THE INFOGRAPHIC THAT YOU COULD BENEFIT FROM FOCUSING ON AND PRACTICE THEM FOR THE NEXT COUPLE OF WEEKS.