

Name \_\_\_\_\_

Date \_\_\_\_\_

# Best Self Interview



## Directions:

1. Interview a caring adult or family member about a time when they saw you as your “best self.”
2. Draw a picture of this time when you were described as your “best self” below.

A large, empty rectangular box with a thick orange border, intended for the student to draw a picture of the time they were described as their “best self”.

3. How did you feel when hearing about this time that you were your “best self”?

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