

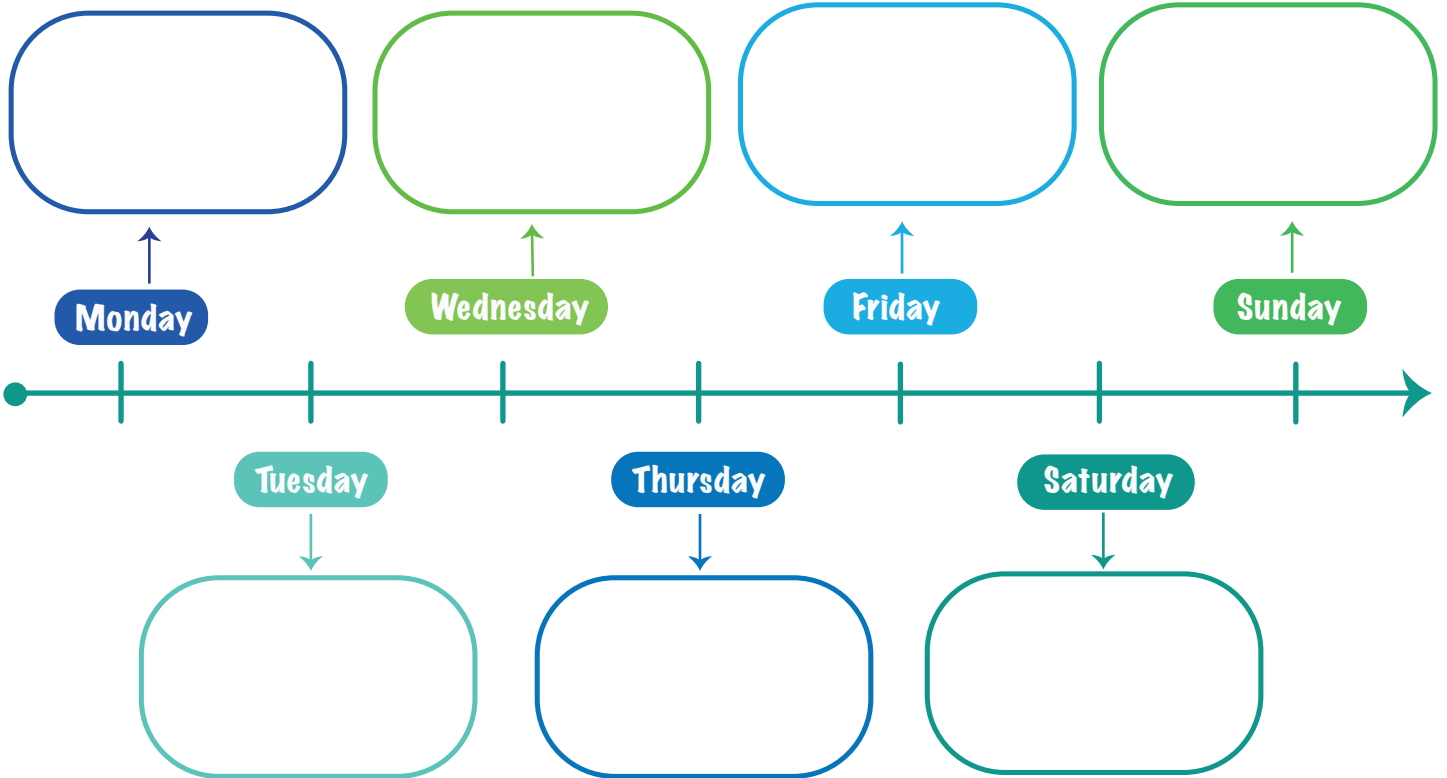
Name _____

Date _____

My "Best Self" Timeline

Directions:

1. Reflect over the past week on all of the ways you showed up as your "best self."
2. In the timeline below, write down each moment.



3. Draw a picture of a moment this past week where you were your best self.

A large empty rectangular box with a light blue border, intended for drawing a picture of a moment from the past week where the user was their best self.