

At My Best, Here's What I'm Like!

When you are living and performing at your best, how do you act? When life is going great, what kinds of things are in place for you? What gives you energy or makes you happy?

Think about times in the past when you were at a healthy weight or were exercising regularly. Remember days when you felt confident, strong, capable and able to face challenges head-on. Even if it's been years ago, recall times when you were truly at your best physically as well as mentally and emotionally.

"I used to be great!"

We never really lose characteristics from our past. But as the years go by, we tend to forget some of our strengths. Sometimes, we start seeing only the parts of ourselves that we don't like.

To bring back the qualities you've lost, remind yourself you still value them, then intentionally put them into your life again. To do this, build a list of words and phrases that describe what you are really like. Remember that all of these beautiful phrases remain true even on days when you don't feel like them.

Here's an example from a weight-loss coaching client.

At my best, this is what I'm like:

- Energetic, bouncy, smile a lot, twinkly eyes
- Laugh easily, tell jokes, feel good physically
- Grounded, centered, confident about my work
- Productive, hard working, accomplish a lot
- Blend well with people, relate easily, enjoy being with my friends
- Hug and cuddle a lot with my spouse, encourage sex and intimacy
- Connected spiritually, cultivate my faith, attend church regularly
- Physically strong, fit, flexible
- Play tennis and golf regularly

In the space below, write down every descriptive word and phrase you can think of that would portray how you act, look, feel, or live when you are at your best. Once you finish, read your list out loud and notice the energy and enthusiasm it generates.

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Whenever you start feeling down on yourself, review your list, then live out of those descriptive words and phrases. Remind yourself that all of the phrases remain true, whether you actually feel that way or not.