

The Best Possible You

Who is this?

How can you make it happen?

The Best Possible You

- Think about yourself and give yourself a happiness rating from one to ten.
- Now visualise the best possible you.
- Rate yourself again – has the rating gone up?

The Best Possible You

- How can you create the best possible you?
- Write down some ideas (flow chart, mind map, graffiti wall).
- Make sure you've considered all the angles (education, career, social, emotional, spiritual)