



Print [this document](#) and have it nearby before the training. As you're prompted to do so, respond to the activities below.

ACTIVITY #1: Use the below questions to help you create a vision of you as the best version of yourself:

- How do you lead? (at home and at work)?
- How do you show up for your team?
- How do you show up as a friend?
- What are some emotions that are present when you are your best?
- How do you live into your personal values daily?
- How do you communicate?
- What word(s) describe you when you are at your best?
- How do you show up as a partner?
- How would you like for others to describe you?

ACTIVITY #2: Over the last six months, what percentage of the time has the above version of your best self shown up? _____

ACTIVITY #3: Physical Energy: The quantity of energy that I have at any given time.

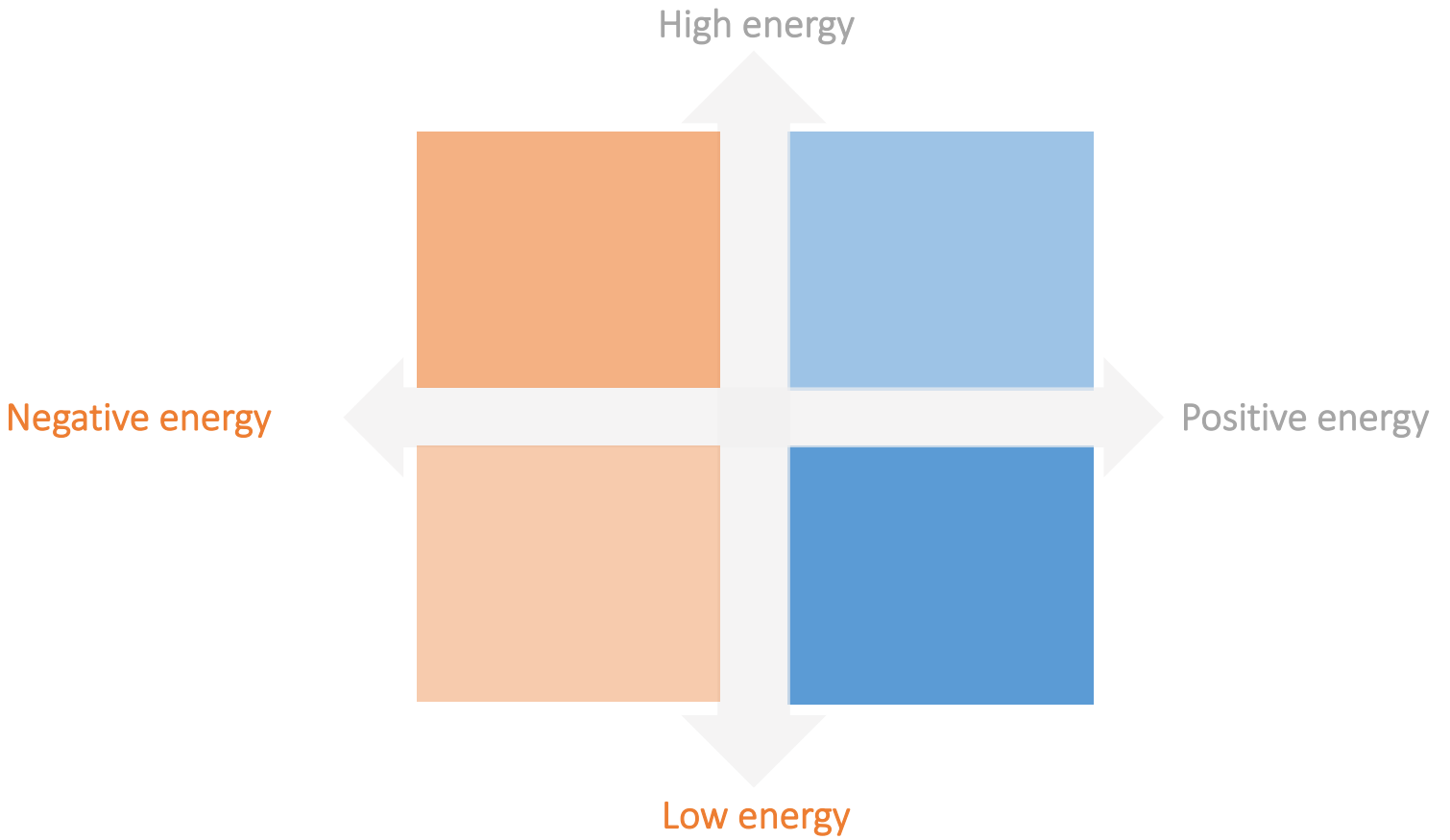
What area of physical energy would increase the probability of me showing up as my best self more often? (Circle the one that would have the greatest impact for you)

- Strategic Movement – Create inconsistency with sitting
- Strategic Exercise – Quality not quantity
- Fuel/Nutrition – Eat light and often; Eat with intention and attention
- Sleep – Improving quality and/or quantity of sleep



ACTIVITY #4: Emotional Energy – The quality of your emotions

Think about a typical work day: What percentage of the time do you spend in each quadrant?



Emotional Recovery Strategies that could work for me:

1. _____
2. _____
3. _____
4. _____

Gratitude: Who are the people and things you are grateful for today?



ACTIVITY #5: Mental Energy: Clarity and Focus

What is the #1 Stressor in your life? (describe below):

In one word, how does this stress make you feel? _____

ACTIVITY #6: Reframing Technique:

Consider the stress you wrote above. Reframe by asking yourself these questions and journaling below:

- What opportunity does this stress provide?
- Will you gain any strengths from this experience?
- Does this stress allow you to connect with people you normally would not?
- Does this stress teach you how to be more emotionally resilient in the future?
- Does this stress offer an opportunity to be closer to important people in your life?
- Does this stress remind you of what's most important in your life?
- Will you learn any new skills from this stress?
- What are the positive outcomes of this stress?
- Will this stress help you to help others? ?

My stress:

In one word, how does this stress make you feel now? _____



ACTIVITY #7: Your One Big Thing

Imagine that your brain could only retain ONE idea from today's training.

What ONE big idea do you feel compelled to act on or practice as a result of this training?

Notes:

For questions or comments contact Natalie Johnson njohnson@vidlsolutions.com