



## Being your true self leads to better relationships

We tend to be ashamed of our most unique parts, those that make us different and special, because they may threaten our ability to fit into the norm. But, these parts are the ones that are our unique gifts, the things that make us who we are. If we choose not to show these parts of us, we are left with a sense of emptiness. Surround yourself with those who appreciate you for who you are and see the best version of you.

Find inspiring relationships! Of the people you know, who sees and loves your true self? Who isn't afraid of your passion, or too envious of your gifts? Who has the spirit of generosity to encourage you toward greater self-expression? These people are gold; practice leaning on them, and giving more back to them. They are called your relationships of inspiration. Once you know how to nurture these true relationships in friends and family, you will seek them in romantic relationships as well for a happier life!

If you want to be the best version of yourself more often, ask yourself:

- I feel like the best version of myself when...
- When I'm the best version of myself, I ...
- It's easier to be my best version of me when...
- What new habits can I create to make it easier to be my best version of me?
- Inspired actions I will take this week are...

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### Citations

Psychology Today: <http://tinybuddha.com/blog/be-best-version-you-lot-more-often/>  
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<https://www.psychologytoday.com/blog/emotional-fitness/201206/being-your-best-self-even-when-times-are-tough>

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# Let Your Light Shine

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## Why Bother?

When you choose an attitude of being the best version of yourself, your focus is toward the highest good. You believe that what's good for those you love, what makes them happy, is also good for you. This belief helps you because it gives you a much stronger sense of self, and you feel more fulfilled as a person from making the world a tiny bit better. You understand that it's not just about you; it's how we all pull together that makes the world a better place.

Being the best version of yourself keeps you on a purposeful and enriching path. It can bring out qualities of honor and integrity and also help maintain a positive outlook. Living your life in the best way possible is a win-win. This can make you a happier person in general because when you stand firm in your beliefs and behaviors, the feedback you get from others validates you and your actions.



*"Lighthouses don't go running all over an island looking for boats to save; they just stand there shining"*

*-Anne Lamott*

## Becoming The Best Version of Yourself

We all know that we have good days and bad days, right? There's that person we WANT to be, the one we're proud of. Then there's our worst self, the one we inevitably become when we're tired, or overwhelmed, or frustrated. No matter how hard we try sometimes we know we're just not being our best selves.

The good news is that we CAN be our best selves more often. The first step is simply admitting we're not perfect, and taking a good long look at both sides of ourselves.

What qualities do you exhibit when you are the BEST version of yourself? Are you kind? Patient? Focused?

**The BEST version of ME is:**

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What brings out the best version of you? Running? Your best friend? Being listened to? Getting enough sleep? **List the things or situations that bring out the BEST in you here:**

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Now, what does the worst version of you look like? Short-tempered? Angry? Tired? **The worst version of me looks like:**

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**What brings out the worst version of me?**

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Once you know who you WANT to be, and WHAT BRINGS OUT THE WORST IN YOU, you can take control and figure out ways to make those situations happen less often. For instance, if you are the worst version of yourself when you are overwhelmed, work on simplifying your life to make it less hectic.

### Some tips to get you started:

**Try these strategies for being the best version of yourself more often:**

- **Choose joy instead of envy:** Train yourself to feel happy for others' successes rather than feeling jealous. The more positive vibes you send out there, the more that will return to you.
- **Help others:** Studies show the best way to improve your mood and confidence level is to help others! When you're feeling your worst, go out and do something nice for someone. Try scheduling in some volunteer service every month.
- **Take "me" time:** Put a stop to the constant running and take 10 minutes to focus on the calm, peaceful side of yourself each day. Find the non-tech, quiet activity that calms your mind and works for you.
- **Say "no":** If you are too overwhelmed it is okay to say "no" once in a while; manage your time so that you are not running from one job or event to the other every day. Live in the moment and don't feel you must accept EVERY invitation. Take time to just enjoy a couple things and do those well.
- **Train yourself to look for the positive instead of jumping to the negative.** This takes some work, but you will see great gains in your level of happiness.