

# MY LIFE-FIT HABITS BEST POSSIBLE SELF

## How can I try to be my **best possible self**?

Take a moment to think about your best possible self at school, at home with your family, and with friends

## Why will writing help me be my **best possible self**?

Research shows that writing about your best possible self improves how you feel about yourself (your sense of self-efficacy) and creates a positive mood that can last if the exercise is continued.

## How can I write about my **Best possible self**?

- Imagine that everything is going as well as it possibly can, perhaps you are enjoying yourself and achieving (possibly good grades; connection with your family or having really good friends).
- Now write for 10 minutes about this best possible self, be as creative and as imaginative as you want. You can use whatever style of writing you like.
- Now spend some time reading your description and think about what goals you need to work towards to be your best possible self.
- Write down a goal or goals you might need to attain that will help you achieve your best possible self that you just described. Think about the baby steps that will help you achieve your long-term goal; a baby step might be asking for help. Write down what your first step could be.
- Save your description and goals and look at them every so often to see if you need to take another step.

## Try this Life-Fit **Best Possible Self Challenge**

Each day for one week, do one thing at home, or at school, or with friends, that would be working towards being your **BEST SELF**. Write it down.

Ask your parents to take a look at this **helpful** website

describing the above exercise:

[https://www.youtube.com/watch?v=9Sv5QOX\\_oVQ](https://www.youtube.com/watch?v=9Sv5QOX_oVQ)

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

[www.au.reachout.com](http://www.au.reachout.com)  
[www.eheadspace.org.au](http://www.eheadspace.org.au)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)  
<http://www.brave-online.com/>

