



My Best Life

As human beings, one of our deepest desires is to have a meaningful and happy life.

You've probably heard of the saying, "Live your best life." It's good advice.

We all want to feel connected to ourselves and to others. We want to feel that we're part of something important and that we're making a difference in the world.

We want to look back at our lives and our achievements and be proud. In short, we want what the saying says: "to live our best lives".

But what does it mean to live your best life?

You are a unique individual, so living your best life is exclusive to you.

Your best life should reflect your true values.

It will be made up of what makes you happy and will be influenced by what changes you would like to make.

So, let's reconnect with your best life vision.

Imagine you were playing back a video of your best life (not a fairy tale or magical life).

What would your best life video include or look like?

Things to consider: your core values, health, hobbies, income, relationships, housing, employment, stability, emotional wellbeing etc. You can make a picture board of what this looks like if you like.

What would get in the way from you living your best life and what can you let go of?



What would help you to achieve your best life?

What can you commit to, to reduce things that get in the way of your best life?

What do you need to get your best life back on track?