

# Best Self Exercise



(Adapted from the work of Roger Moore, Medical Hypnotherapist)

1. Make a list of your best qualities and imagine how you would behave if you were always acting as the best person you could possibly be.
2. Envision this greater version of you and study everything about yourself: how do you dress, speak, treat other people, spend your day?
3. Write down three sentences that describe your highest self to post on your wall or bulletin board where you can see it every day. Or you might also draw a picture of this self you have envisioned.
4. Remember this best version of you throughout the day and in difficult situations ask yourself: How would the better me handle this?