



# Best Self Worksheet

**Continuing the same things done today, where will I be three years from now:**

(Ideas: if you kept eating/drinking/exercising/health habits, where would you be. Work habits. How you treated other people. The thoughts running in your head. Working (or not) towards goals.)



**Envision your ideal self in three years. What does my life look like?**

**What are my daily habits?**

(Ideas: what/where am I eating? Do I exercise? If so, doing what? What are work habits? How did I treat other people? What were my thoughts? What did I do to work towards my goals?)



**What are the differences? What daily habits and behaviors do I need to adopt to change from where I am at to where I want to be?**