Envision your ideal self worksheet

Learning objective: Identify the character traits you most want associated with you. Choose behaviours that will make this true.

Using the following list, choose 3 items that describe your ideal self. You don't have to currently have these characteristics. These are simply characteristics you'd like to have.

- ☐ *Trustworthy*
- ☐ *Professional*
- ☐ *Competitive*
- ☐ *Genuine*
- ☐ *Tactful*
- ☐ *Honest*
- ☐ *Kind*
- ☐ *Credible*
- ☐ *Tolerant*
- ☐ *Inclusive*
- ☐ *Patient*
- ☐ *Determined*
- ☐ *Optimistic*
- ☐ *Realistic*
- ☐ *Humble*
- ☐ *Confident*
- ☐ *Respectful*
- ☐ *Collaborative*
- ☐ *Assertive*
- ☐ *Decisive*
- ☐ *Gentle*
- ☐ *Strong*
- ☐ *Proactive*
- ☐ *Persuasive*
- ☐ *Dominant*
- ☐ *Reliable*
- ☐ *Understanding*
- ☐ *Supportive*
- ☐ *Other:*

We all want to be our ideal self. Identifying who we ideally want to be is an important first step. When we choose words, behaviours and actions that align with our version of our ideal selves, we begin to live our lives in a way that helps us reach our goal.

We can't be our ideal self all the time. But, when we recognize what our best self is, we can intentionally strive towards it.

Using your 3 items, describe behaviours and actions you take to reinforce them on a daily basis.

For example,

To be consistently **Trustworthy**, I will:

1. Only make promises I know I can keep
2. Take responsibility when I'm unable to follow through
3. Take the time to do things to the best of my ability

To be consistently , I will:

1.

2.

3.

To be consistently , I will:

1.

2.

3.

To be consistently _____, I will:

1.

2.

3.

Take action

Keep your ideas handy to remind yourself, every day, that you can choose to go towards or away from your ideal self.