

# B.E.S.T. OF ME: Doing My Best Work

Use this page to clarify how you show up when you're at your best.

## BEHAVIOR

- How do I show up when I'm at my best?
- What actions or habits reflect my values?
- How am I perceived when I'm truly engaged?

## ENERGY

- What gives me energy?
- What drains me?
- What conditions help me thrive?

## STRENGTHS

- What am I naturally good at?
- What do people count on me for?
- What makes me feel confident and capable?

## TRAJECTORY

- Where am I headed?
- What goals or changes excite me?
- What direction feels most aligned right now?