



# Be Your Best Self Challenge

## *Be Your Best Self Behaviors*

DIRECTIONS: Select and list behaviors that allow YOU to be your best self each day. At the end of each day, take a moment to reflect and react to how you were able to be your “best” self that day.

- **Celebrate a small win.** Pat yourself on the back for something you’re proud of. This can give you motivation to keep making strides towards your bigger goals.
- **Enjoy quiet time.** Make time to relax or reflect without distractions or interruptions.
- **Express sincere gratitude to someone (or something).** “Gratitude is an attitude.” Foster more gratitude in your life by writing, saying, or simply thinking about what you’re grateful for.
- **Get a dose of sunlight.** Sunlight lifts your mood, so enjoy some sunshine during your rest or wellness break.
- **Get enough of sleep.** Sleep restores both your brain and body. Go to bed early enough and practice good sleep hygiene.
- **Get inspired.** Listen to the wisdom of others (like in a TED talk) or read to reignite your internal fire.
- **Learn something new.** Push yourself to grow and build new skills around your interests.
- **Move your body.** Stretch or elevate your heart rate to care for your physical self.
- **Spend time with people who lift you up.** Enjoy the company of others you like being around.
- **Volunteer to help someone.** “Help” can take on many forms, so think outside the box.
- **Try something new for yourself!** Try out a new-to-you self-care behavior. Be creative and enjoy finding something that feels good to YOU.



**WORKING FOR A HEALTHIER TN**



# Be Your Best Self Challenge Tracker

DIRECTIONS: Select and list behaviors (below) that allow YOU to be your best self each day. At the end of each day, take a moment to reflect and react to how you were able to be your "best" self that day.

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1							
WEEK 2							



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