

## The Your Best Self Meditation – Fill in the Blank Worksheet

### Instructions

For this exercise you will need to use the VIA Character strength report that you used for the meditation in week 7.

However, while in week 7 the meditation was looking back into the past the Your-Best-Self meditation requires you to look forward and imagine your best possible life in different areas using your various character strengths. Since this is an entirely private exercise there is no reason to limit yourself. If your dream is to be an astronaut or the President of the United States then give yourself the freedom to dream that dream. Your default expectation is that God has a better plan for you than the one you design for yourself. As you start the audio recording of your meditation say the Bible verse Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Write down incidents from your past in which you showed the different character strengths below. Try to re-capture the moment by describing the event using all of your senses.	Work / Volunteering	Family	Friends	Study
Character Strength 1				
Character Strength 2				
Character Strength 3				
Character Strength 4				
Character Strength 5				