Please enjoy this complimentary excerpt from *Teaching the Whole Teen* by Rachel Poliner and Jeffrey Benson. Use this self-reflection tool with your students and help them discover what gets in the way of being their best selves and how they can further develop themselves.

**LEARN MORE** about this title, including Features, Table of Contents and Reviews.
## TOOL 7-3  Developing My Best Self

<table>
<thead>
<tr>
<th>When I'm my best self, what are three character traits I demonstrate?</th>
<th>How do I demonstrate those character traits? What does it look like?</th>
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What gets in the way sometimes of being my best self?


What character trait would help me be my best self more often? How would that character trait help me?


What are two steps I can take to demonstrate the new character trait and practice it regularly?

1. 

2. 

The character traits below might give you some ideas. Add other character traits as well.

- Adventurous
- Assertive
- Balanced
- Brave
- Calm
- Cautious
- Collaborative
- Confident
- Conscientious
- Other

- Creative
- Curious
- Dependable
- Diligent
- Expressive
- Generous
- Gutsy
- Idealistic
- Inventive
- Other

- Kind
- Levelheaded
- Lively
- Meticulous
- Motivating
- Open-minded
- Optimistic
- Organized
- Outgoing
- Other

- Patient
- Persistent
- Practical
- Purposeful
- Respectful
- Responsible
- Sensible
- Supportive
- Well-adjusted
- Other