



## **CONSCIOUS USE OF SELF**

### **MODULE ONE EXERCISE**

**(THE VIDEO MAY USE SLIGHTLY DIFFERENT LANGUAGE AND NUMBER OF STEPS)**

1. Think of a moment when you were at your very best.
2. What do you believe about being at your very best?
  - a. Does it depend on certain circumstances? A full moon? An emergency? Time of day?
  - b. Does it depend on what others are doing? What would you need from them?
3. Do you have to succeed at whatever you are doing for it to have been your very best?
4. Can you choose to be at your very best whenever you want to? If so, why? If not, why not. What are your beliefs behind those choice? Do they help or hinder the accomplishment of your goals?