

M BSP Handout 1.4

Session 1:

You at Your Best



Think of a specific time, recently or awhile back, when you were at **your** best. You were really feeling and acting at a high level. Perhaps you felt you were really engaged in what you were doing? Perhaps you felt like the experience you were part of was a very successful one? Most likely you felt like you were your authentic self, being who you are. It may be a specific experience in a relationship, in a work/school environment, or while socializing. Or, a specific time period might come to your mind. Reflect on this “story.” See if you can frame your experience with a beginning, middle, and end. **Be sure to consider the character strengths that you used in that experience.** You might take the approach of replaying and reliving the positive experience just as if you were watching a movie of it. If you are sharing the story with someone, brainstorm the character strengths that each of you observe in it; if you are only reflecting on the story, be sure to consciously name how each strength was expressed.

Goal

Re-experiencing and savoring moments like this in your mind can lead to greater happiness and a greater chance that you will savor future moments as they happen in the present moment. Research has shown that this type of savoring (mindful reflecting) is beneficial, even if you do not write anything down.