



Be Your Best!

Learn with a Partner

1. Remember Goals

Describe **why** it's important for you to *Be Your Best*
"Enjoy family celebration"
"Be more peaceful and loving"
"Look better"

2. Check your Signs

Describe the most important "signs" you'll use to **measure** your progress.
"Alarm or snooze response"
"Weight"
"Can only walk/jog 5 minutes without resting"

3. Take Some Steps

Circle each "step" that might **help** you. Then, describe two or three for special focus.
"Use satisfaction skills"
"Walk twice a day"
"Try new medication"
"Ask partner for support"

Experience more love with family

Less stress - More peace

More energy to enjoy friends and family

Stress, Moods and Behavior

Social and/or Spiritual Satisfaction

Physical Abilities or Problems

Feel disconnected - angry with others

Strong "alarm response" each AM ; Blood Pressure = 160/100

Am breathless after climbing one flight of stairs

Awareness
Listen, Focus

Affirmations
Praise, THANKs

Assertiveness
Speak, Describe

Acceptance
Relax, Forgive

Exercise

Walking, strength training

Personal Care
Hygiene, grooming

Eat Well
Balanced diet

Use Your Resources
Emotional, Social/spiritual, Medical

Get and Give support
Discuss with partner, friend or relative

See doctor about blood pressure control - medications?

Practice "satisfaction skill" exercises at least twice a day

walk every day - do strength-building every other day

4. Learn each time.

Discuss what "steps" have helped improve your "signs."

Your name

Karen D.

Partner's Name

Mary O.

Today's Date

3/14

Next Discussion date

3/21