

**THE BEST OF YOU  
ADVICE AND OBJECTIVES - REFLECTION TO ACTION**

This exercise will help you to focus on your strengths - those moments in your life where you have been at your inner best.

Look at your time-line and choose your two or three greatest achievements. Make the choice quickly.

What were they?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Now take some time: quietly reflect on them

What have you learned about yourself from considering your greatest achievements?

Based on these reflections, what would be the three most valuable pieces of advice you could give yourself to enable you to get the most out of this exciting new phase of your life?