

Your Best Self

Have you settled for someone less than you're worth?

I'm not talking about your spouse, significant other, girlfriend, boyfriend, or any mix you may come up with.

I'm talking about that person who looks back from your mirror.

Are you your "best self?"

If you're like most of us in the world, an honest answer to that question would have to be "no." Most of us give up long before we reach the superior person we should become. Most of us settle for something far less than what we're capable of – and become someone far less than who we should become.

In other words, most of us are far short of "your best self."

Some may be closer than others. While one person may be just finishing up the polishing on their personality, another person is quite removed from that possibility.

Nor can we ever check this box off as attained – unless we give up and start going downhill. Once we have achieved our "best self" to date, we must keep working, growing, changing – making ourselves into a "best self" who is even better than before.

Are there some steps to help us on our way? Certainly, there are – anything like this is much easier when broken down into manageable, "bite-sized" bits. As long as we don't stop our quest far down in the steps, we can continually grow to become better people.

Here are some ideas; this is not a checklist, just some options.

- Choose a superior person to emulate.
- Develop a vision of who you should become.
- Choose to develop a well-rounded personality if you don't already possess one.
- Share your ideas and goals with someone you love – someone who can help you evaluate your best options.
- Develop resources in the areas where you need the most help.
- Take one "rough area" at a time, and work on it until you master it.
- Continually choose challenging options over easy alternatives.

Can we become our “best selves?” Surely, we can! The only thing about this quest is that each time you become better, you see more areas where you can become better still! This quest, to constantly find, develop, and live our “best selves” should be a quest that is life-long.

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