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We’re Better Than This – Missing the Essence of Us

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Rarely do we rise to the pinnacle of our capabilities. However, all too often we readily descend to the dismal pit of our inabilities. We’re remarkably human, but we’re terribly primal at the same time. We have the ability to access an intellect that has no equal in all of creation, yet we defer to something more animalistic that’s all too common in all of creation. And that primal, animalistic side of us is more often than not the “primary” side of us. And that’s primarily a problem because “we are better than this.” Because that’s the case, we would be wise to determine how we can truly become our best in areas within which we have not done that previously.

List three things that you realize you haven’t done as well as you probably could.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do your three choices have in common?

What do you see as the major differences in these three things?

What do you feel has been the thing that has kept you from being your best in each of these three areas?

To what degree does not being your best in these areas affect you negatively?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

To what degree would being your best in these areas positively affect your life?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Based on your observations, what are three things you can do to become your best in these areas?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_