

Best Self Blueprint Worksheet

#### **Introduction:**

Your emotions are your compass—they guide you towards the life you truly want. This exercise will help you identify three emotions you want to feel more often over the next three months. You'll define what these emotions mean specifically to you—not what the dictionary says, but what they feel like, what they mean in your life, and how they show up.

### **Step 1: Identify Your Core Emotions**

Over the next three months, what emotions do you want to experience on a more consistent basis?

1. **Emotion #1:**
2. **Emotion #2:**
3. **Emotion #3:**

### **Step 2: Define Each Emotion in Your Own Terms**

It's time to make these emotions personal. Define what these emotions mean specifically to you—not what the dictionary says, but what they feel like in your life.

1. **Emotion #1:**
	* **My Definition:**
2. **Emotion #2:**
	* **My Definition:**
3. **Emotion #3:**
	* **My Definition:**

### **Step 3: Discover What Brings These Emotions to Life**

Reflect on moments when you've felt these emotions. What were you doing? What activities, thoughts, or situations helped bring them to the surface?

1. **Emotion #1:**
	* Things that make me feel this way currently:
	* Things I believe will help me feel this way:
2. **Emotion #2:**
	* Things that make me feel this way currently:
	* Things I believe will help me feel this way:
3. **Emotion #3:**
	* Things that make me feel this way currently:
	* Things I believe will help me feel this way:

### **Step 4: Align Your Time with Your Emotions**

How can you intentionally carve out time to engage in the activities that bring these emotions to life? Reflect on your availability and changes you can make to prioritize your emotional well-being.

1. **Emotion #1:**
	* **Time Available Each Day/Week:**
	* **Actions I will schedule:**
2. **Emotion #2:**
	* **Time Available Each Day/Week:**
	* **Actions I will schedule:**
3. **Emotion #3:**
	* **Time Available Each Day/Week:**
	* **Actions I will schedule:**

### **Step 5: Daily & Weekly Check-In**

At the end of each day or week, check in with yourself. How often did you feel these emotions? What worked? What can you adjust?

* **Daily Reflection Prompts:**
	+ Did I feel [Emotion] today? What helped?
	+ What could I change tomorrow to feel this emotion more consistently?

### **Step 6: Celebrate Progress**

At the end of three months, reflect on how far you’ve come. Celebrate your wins—no matter how small. How have these emotions become a bigger part of your life? What practices will you continue?

### **Further Support**

For additional guidance on emotional well-being, anxiety management, and personal growth, you can visit my website ([www.somebodylikeyou.org](http://www.somebodylikeyou.org)). You can also find more support in my book, *"Mastering Anxiety for the Anxious Human,"* (<https://somebodylikeyou.org/resources>)