



Being your true self leads to better relationships

We tend to be ashamed of our most unique parts, those that make us different and special, because they may threaten our ability to fit into the norm. But, these parts are gifts, the things that make us who we are. If we choose not to show these parts of us, we are left with a sense of emptiness. Surround yourself with those who appreciate you for who you are, see the best version of you, and don't make you feel like you need to change.

Of the people you know, who sees and loves your true self? Who inspires you, supports you, and isn't envious of you? Who has the spirit of generosity to encourage you toward greater self-expression? Practice leaning on these people, and giving back to them. Once you know how to nurture these true relationships in your life, you will seek them in romantic relationships as well.

Produced by Amanda Forum Youth Task Force members and Coordinators.

If you want to be the best version of yourself more often, ask yourself:

- ◆ I feel like the best version of myself when...
- ◆ When I'm the best version of myself, I ...
- ◆ It's easier to be my best version of me when...
- ◆ What new habits can I create to make it easier to be my best version of me?
- ◆ Inspired actions I will take this week are...



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United Way of Porter County



**The Caring Place**

CENTER FOR CHANGE

**THE AMANDA FORUM:
LET YOUR LIGHT SHINE**

LEARN TO LOVE YOURSELF!



24-Hour Crisis Line: (18 and older)
219-464-2128

Youth Dial 911 for all Emergencies

Non-emergency resources:

Loveisrespect.org

Call: 1-866-331-9474

Text: LOVEIS to 22522

To contact The Amanda Forum:

bessien@thecaringplacenwi.org

219-464-0840 ex. 100

Facebook.com/TheAmandaForum

Instagram: @DareToDateSafe

<http://www.thecaringplacenwi.org>

LET YOUR LIGHT SHINE

Why Bother?

When you choose an attitude of being the best version of yourself, your focus is toward the highest good.

Being the best version of yourself keeps you on a purposeful and enriching path. It can bring out qualities of honor and integrity and also help maintain a positive outlook.

Living your life as your true, authentic self is a win-win. This can make you a happier person in general because when you stand firm in your beliefs and behaviors, the feedback you get from others validates you and your actions.



“LIGHTHOUSES DON’T GO RUNNING ALL OVER AN ISLAND LOOKING FOR BOATS TO SAVE; THEY JUST STAND THERE SHINING”

Becoming The Best Version of Yourself

We all know that we have good days and bad days, right? There’s that person we WANT to be, the one we’re proud of. Then there’s our worst self, the one we inevitably become when we’re tired, or overwhelmed, or frustrated.

Fortunately, we CAN be our best selves more often. The first step is simply admitting we’re not perfect, and taking a good long look at both sides of ourselves.

What qualities do you exhibit when you are the BEST version of yourself? Are you kind? Patient? Focused? The BEST version of ME is:

What brings out the best version of you? Running? Your best friend? Being listened to? Getting enough sleep? List the things or situations that bring out the BEST in you here:

Now, what does the worst version of you look like? Short-tempered? Angry? Tired? The worst version of me looks like:

What brings out the worst version of me?

Once you know who you WANT to be, and WHAT BRINGS OUT THE WORST IN YOU, you can take control and figure out ways to make those situations happen less often.

⇒ Try these strategies for being the best version of yourself more often:

- ⇒ **Choose joy instead of envy:** Train yourself to feel happy for others’ successes rather than feeling jealous. The more positive vibes you send out there, the more that will return to you.
- ⇒ **Help others:** Studies show the best way to improve your mood and confidence level is to help others! When you’re feeling your worst, go out and volunteer or do something nice for someone.
- ⇒ **Take “me” time:** Put a stop to the constant running and take 10 minutes to focus on the calm, peaceful side of yourself each day. Find the non-tech, quiet activity that calms your mind and works for you.
- ⇒ **Say “no”:** If you are too overwhelmed it is okay to say “no” once in a while. Live in the moment and don’t feel you must accept EVERY invitation.
- ⇒ **Train yourself to look for the positive instead of jumping to the negative.** This takes some work, but you will see great gains in your level of happiness.