

# The Best Me Today



**To inspire family members to set and pursue positive daily goals, enhancing personal development, emotional awareness, and family cohesion through shared reflection and support.**



## Family Objects

### Promoting Personal Development and Self-Reflection:

Each family member identifies a specific, positive action they can take to improve their day, encouraging self-awareness and personal growth.

### Encouraging Emotional Awareness and Expression:

Participants reflect on the anticipated feelings associated with achieving their goals, enhancing emotional intelligence and the ability to articulate emotions.

### Fostering Accountability and Support:

Family members share their goals and support each other in taking actionable steps towards achieving them, promoting a sense of responsibility and collective encouragement.



## Success Milestones

### Goal Identification:

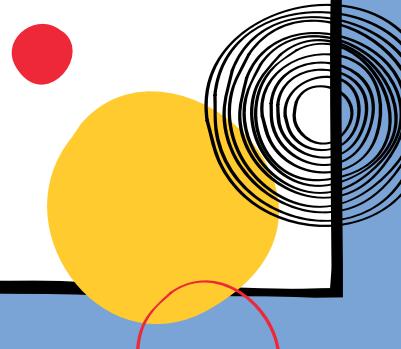
Each participant articulates a clear and positive goal they aim to achieve today, demonstrating self-reflection and intention-setting.

### Emotional Reflection:

Family members express how accomplishing their goal will make them feel, indicating an understanding of the emotional impact of their actions.

### Action Implementation:

Throughout the day, participants actively work towards their goals, showcasing commitment and perseverance.



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## Objective:

To inspire family members to set and pursue positive daily goals, enhancing personal development, emotional awareness, and family cohesion through shared reflection and support.

## Materials Needed:

- Paper
- Crayons, markers, or pens

## Setup:

### 1. Individual Preparation:

- Provide each family member with a piece of paper and writing/drawing materials.
- Create a comfortable space conducive to personal reflection.

## Instructions:

### 1. Goal Setting:

- Encourage each person to think about one positive action they can take today to be the best version of themselves. Examples include helping a family member, practising patience, or dedicating time to a personal hobby.
- Have them write down this goal on their paper.

### 2. Emotional Visualisation:

- Ask participants to reflect on how they will feel upon achieving their goal.
- They can draw a picture or write a few sentences describing these anticipated feelings.

### 3. Action Plan:

- Discuss as a family the steps each person can take to accomplish their goal.
- Encourage sharing of ideas and offer support to one another in planning these actions.

### 4. Sharing and Support:

- If comfortable, have each family member share their goal and action plan with the group.
- Throughout the day, remind and encourage each other to stay committed to their goals.

### 5. Reflection:

- At the end of the day, come together to discuss the outcomes.
- Each person can share their experiences, feelings, and any challenges they faced in working towards their goal.



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## Winning the Game:

This activity does not have winners or losers. The emphasis is on personal growth, emotional expression, and strengthening family bonds through shared goals and support.

## Variations for Different Settings:

- **Family Edition:** Incorporate this activity into daily family routines, such as during breakfast or dinner, to consistently promote positive goal-setting and reflection.
- **Group Edition:** Adapt the activity for group settings, like community groups or workshops, to encourage collective personal development and support.

## Additional Notes:

The "Best Me Today" activity serves as a valuable tool for families to engage in meaningful reflection and support each other's personal growth. By setting daily positive goals and discussing them within the family, members can enhance their self-awareness, emotional intelligence, and strengthen their connections with one another.

