



JACKSON HIGH SCHOOL  
Meta Moment: your Best  
Self

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# About This Lesson

In this lesson, you will be introduced to the final steps of the Meta-Moment:

**See Your Best Self.**

**But first, a quick review.**

The Meta-Moment is a RULER tool with four steps.

This tool is designed to create space and time to react to triggering situations in more helpful ways.

**STEP 1: Sense**

**STEP 2: Pause**

**STEP 3: See Your “Best Self”**

**STEP 4: Strategize and Act**

# Review

## Step 1: Sense

We can be **triggered** by real or imagined:

- People
- Thoughts
- Situations
- Actions

For example, common triggers are waiting in a long line, family members that bother you, or being made fun of.



We can also think of triggers as things that we:

- See
- Hear
- Smell
- Touch
- Taste



# Remember

When we are triggered, it is usually because an emotional need was not met or was taken away suddenly.

We all have different needs and different backgrounds, so we each may find different events more or less triggering than others.

# Review

## Step 2: Pausing

Strategies we can use to **pause** include:

- **Taking Space:** Go for walk, move away from triggers
- **Snap Out of It:** Music, pinch yourself, eat something sour, holding something cold
- **Count On It:** Count back from 100 by 13s
- **Be Mindful:** Ground yourself in the present moment
- **Keep Breathing:** Take slow, deliberate breaths

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# Your *Best Self*: Your Personal Mission Statement

Your *best self* can be considered as a triangle.





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# Personal Values

The first component is **personal values**.

Your values include what's important to you in terms of who you want to be - including the feelings, ideas, and personal characteristics that matter to you most.



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# Reputation

The second component is your **reputation**.

This includes how you want others to see you and think about you.



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# Goals & Outcomes

The third component is your **goals and outcomes**.

This includes what you want to get out of a specific interaction, relationship, or role.



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## Your *Best Self*

Use these three components to paint a picture of your *best self* in your mind.

- What does your *best self* look like?
- What facial expressions, body language, and voice does your *best self* have?
- How does your *best self* act or walk into a room?
- How does your *best self* handle conflict?



Please, get out a piece of paper and write down  
(or draw) your **personal values**

<input type="checkbox"/> Achievement	<input type="checkbox"/> Cooperation	<input type="checkbox"/> Generosity	<input type="checkbox"/> Physical health	<input type="checkbox"/> Serenity
<input type="checkbox"/> Adventure	<input type="checkbox"/> Creativity	<input type="checkbox"/> Honesty	<input type="checkbox"/> Pleasure	<input type="checkbox"/> Social justice
<input type="checkbox"/> Affection	<input type="checkbox"/> Democracy	<input type="checkbox"/> Independence	<input type="checkbox"/> Power	<input type="checkbox"/> Status
<input type="checkbox"/> Beauty	<input type="checkbox"/> Effectiveness	<input type="checkbox"/> Integrity	<input type="checkbox"/> Privacy	<input type="checkbox"/> Time
<input type="checkbox"/> Change/variety	<input type="checkbox"/> Efficiency	<input type="checkbox"/> Kindness	<input type="checkbox"/> Public service	<input type="checkbox"/> Truth
<input type="checkbox"/> Challenge	<input type="checkbox"/> Excellence	<input type="checkbox"/> Money	<input type="checkbox"/> Recognition	<input type="checkbox"/> Wisdom
<input type="checkbox"/> Community	<input type="checkbox"/> Fame	<input type="checkbox"/> Nature	<input type="checkbox"/> Religion	<input type="checkbox"/> Other: <div></div>
<input type="checkbox"/> Competence	<input type="checkbox"/> Family	<input type="checkbox"/> Novelty	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Other: <div></div>
<input type="checkbox"/> Competition	<input type="checkbox"/> Fitness	<input type="checkbox"/> Physical appearance	<input type="checkbox"/> Self-respect	<input type="checkbox"/> Other: <div></div>

# Reputation

Write down 3 words that describe how you want others to see you (or draw)



Brave



Strong



Helpful



Friendly



Trustworthy

# Goals & Outcomes

Write down or draw 3 ideas or goals of what you want from your friendships, other relationships, and yourself.



# “Your Best Self”

Write down or draw what your “best self” looks like or how you act

(think about facial expressions, body language, how you work with others)



	<ol style="list-style-type: none"><li>1. <i>Thoughtful</i></li><li>2. <i>Always willing to help out</i></li><li>3. <i>Finding the positives in any situation</i></li></ol>



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# Seeing Your *Best Self*

By considering your *best self*, you find the best version of yourself and act in ways that support value and respect.

This helps us push each other to have positive behavior so we all can achieve our goals.

