

#### **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

#### Your Best Self: Your Personal Mission Statement

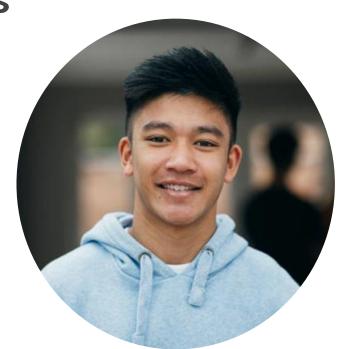
Your best self can be considered as a triangle.



**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.



### Reputation

The second component is your **reputation**.

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



#### 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.



#### 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?

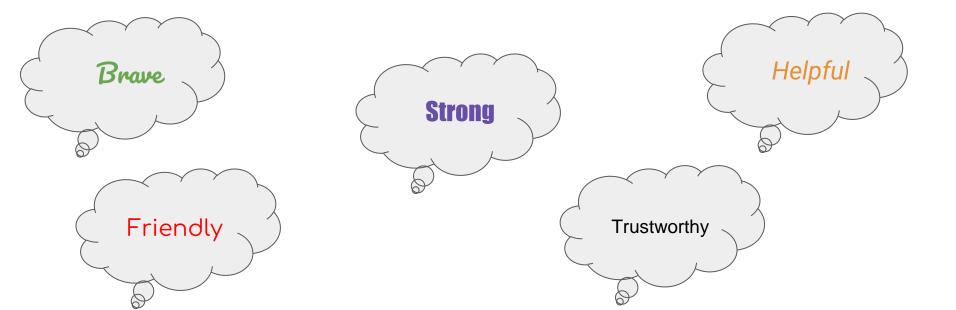


# Please, get out a piece of paper and write down (or draw) your personal values

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

### Reputation

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



### 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)







- 1. Thoughtful
- 2. Always willing to help out
- 3. Finding the positives in any situation

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.

