

superlife: redefining the new you™

In today's lesson, Dr. Happy is inviting you to reflect upon all the changes you've made and who you are now.

Your challenge for this lesson is to redefine yourself; to reflect upon the best bits of your old self you've kept and developed, and the other bits you've determined needed changing and have begun to change. To help with this, try answering the following questions as best you can:

- 1. WHEN YOU IDENTIFIED YOUR STRENGTHS EARLIER IN THE PROGRAM, WHAT DID YOU LEARN ABOUT HOW YOU'RE ALREADY USING THESE TO BE THE BEST VERSION OF YOU?**

- 2. HAVE YOU ALSO FOUND NEW AND BETTER WAYS TO USE YOUR STRENGTHS TO CREATE AN EVEN BETTER LIFE?**

3. WHAT ABOUT WAYS YOU'RE NOW USING YOUR STRENGTHS TO ADDRESS SPECIFIC CHALLENGES YOU WERE FACING?

4. AND ARE THERE ANY ASPECTS OF YOUR "OLD LIFE" YOU'VE NOW GIVEN UP, STOPPED, OR ELIMINATED BECAUSE THEY WEREN'T HELPING YOU IN ANY WAY?

5. TO CONCLUDE THIS EXERCISE, THEN, IN 3 WORDS HOW WOULD YOU SUMMARISE THE "NEW YOU"?
