



## ENLIGHTEN EXERCISE #45

### You're At Your Best

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Sit down and write a story about something that happened to which you responded with the best you have in you. Read over your story once a day for a week.

Note: This exercise has been shown in published research to be associated with increasing general life satisfaction and happiness<sup>1</sup>

<sup>1</sup> Seligman, M. et al., (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421