



WHEN I AM
AT MY BEST





THOUGHTS WHEN I AM AT MY BEST

Life is good



THOUGHTS WHEN I AM AT MY BEST

It's all worth it



THOUGHTS WHEN I AM AT MY BEST

I'm OK



THOUGHTS WHEN I AM AT MY BEST

All will be well



THOUGHTS WHEN I AM AT MY BEST

This makes sense



THOUGHTS WHEN I AM AT MY BEST

I can cope



THOUGHTS WHEN I AM AT MY BEST

I can get through this



THOUGHTS WHEN I AM AT MY BEST

Everything's going
to be alright



THOUGHTS WHEN I AM AT MY BEST

My mind is clear



THOUGHTS WHEN I AM AT MY BEST

This is getting to
turn out well



THOUGHTS WHEN I AM AT MY BEST

I can do this



THOUGHTS WHEN I AM AT MY BEST

People like me



THOUGHTS WHEN I AM AT MY BEST

I like my life



THOUGHTS WHEN I AM AT MY BEST

All the promises are true



THOUGHTS WHEN I AM AT MY BEST

I have strength



THOUGHTS WHEN I AM AT MY BEST

I'm able to discern
good from bad



THOUGHTS WHEN I AM AT MY BEST

I have personal
strengths



THOUGHTS WHEN I AM AT MY BEST

I've got a lust for life



THOUGHTS WHEN I AM AT MY BEST

Whatever happens,
it'll be OK



THOUGHTS WHEN I AM AT MY BEST

I like me



THOUGHTS WHEN I AM AT MY BEST

I have trust



THOUGHTS WHEN I AM AT MY BEST

I have faith



THOUGHTS WHEN I AM AT MY BEST

I am loved



THOUGHTS WHEN I AM AT MY BEST

I am forgiven



THOUGHTS WHEN I AM AT MY BEST

I've got support



THOUGHTS WHEN I AM AT MY BEST

I have a future



THOUGHTS WHEN I AM AT MY BEST

God is good



THOUGHTS WHEN I AM AT MY BEST

Not being distracted
by voices



THOUGHTS WHEN I AM AT MY BEST

Being able to
concentrate well



THOUGHTS WHEN I AM AT MY BEST

Being able to
remember things



THOUGHTS WHEN I AM AT MY BEST

**My thoughts are
organised**



THOUGHTS WHEN I AM AT MY BEST

Everything I do is
worth it



THOUGHTS WHEN I AM AT MY BEST

This too will pass



THOUGHTS WHEN I AM AT MY BEST

Accepting what
i can't change



ACTIVITIES WHEN I AM AT MY BEST

Cooking a good meal



ACTIVITIES WHEN I AM AT MY BEST

Being more social



ACTIVITIES WHEN I AM AT MY BEST

Being active



ACTIVITIES WHEN I AM AT MY BEST

Completing tasks



ACTIVITIES WHEN I AM AT MY BEST

Smiling



ACTIVITIES WHEN I AM AT MY BEST

Eating healthily



ACTIVITIES WHEN
I AM AT MY BEST

Enjoying watching
TV, Movies



ACTIVITIES WHEN I AM AT MY BEST

Listening to music



ACTIVITIES WHEN I AM AT MY BEST

Being more
talkative



ACTIVITIES WHEN I AM AT MY BEST

Being more able
to listen to other people



ACTIVITIES WHEN I AM AT MY BEST

Having a grip on
what's going on around me



ACTIVITIES WHEN I AM AT MY BEST

Understanding
what's happening



ACTIVITIES WHEN I AM AT MY BEST

Reading & Learning



ACTIVITIES WHEN I AM AT MY BEST

Being able to focus
on what I choose
to focus on



ACTIVITIES WHEN I AM AT MY BEST

Taking an interest
in things



ACTIVITIES WHEN I AM AT MY BEST

Being more articulate
in describing things



ACTIVITIES WHEN I AM AT MY BEST

Being positive
towards others



ACTIVITIES WHEN I AM AT MY BEST

Exercising



ACTIVITIES WHEN I AM AT MY BEST

Spending time
with my family



ACTIVITIES WHEN I AM AT MY BEST

**Being able to concentrate
on tasks/choices**



ACTIVITIES WHEN I AM AT MY BEST

Enjoying doing my hobby



ACTIVITIES WHEN I AM AT MY BEST

Having motivation
to do my cleaning



ACTIVITIES WHEN I AM AT MY BEST

Sleeping well



ACTIVITIES WHEN I AM AT MY BEST

Being more organised



ACTIVITIES WHEN I AM AT MY BEST

Being more friendly
towards others



ACTIVITIES WHEN I AM AT MY BEST

**Keeping a
good appearance**
(clean clothes, keeping
myself clean)



ACTIVITIES WHEN I AM AT MY BEST

Doing my shopping



ACTIVITIES WHEN I AM AT MY BEST

Being creative



ACTIVITIES WHEN I AM AT MY BEST

Being able to keep
up friendships



ACTIVITIES WHEN I AM AT MY BEST

Doing romantic things



ACTIVITIES WHEN I AM AT MY BEST

Drinking healthily



ACTIVITIES WHEN I AM AT MY BEST

Cleaning the house



ACTIVITIES WHEN I AM AT MY BEST

Being able to cry when
I feel sad and laugh when
I feel happy



ACTIVITIES WHEN I AM AT MY BEST

Being able to say
im sorry



ACTIVITIES WHEN I AM AT MY BEST

Being able to say
thank you



ACTIVITIES WHEN I AM AT MY BEST

Being able to
forgive others



ACTIVITIES WHEN I AM AT MY BEST

Being able to
forgive myself



ACTIVITIES WHEN I AM AT MY BEST

Doing my job



ACTIVITIES WHEN I AM AT MY BEST

Earning money



BODY SENSATIONS WHEN I AM AT MY BEST

Energetic



BODY SENSATIONS WHEN I AM AT MY BEST

Relaxed



BODY SENSATIONS WHEN I AM AT MY BEST

Calm



BODY SENSATIONS WHEN I AM AT MY BEST

Refreshed



BODY SENSATIONS WHEN I AM AT MY BEST

Sense of wellbeing



BODY SENSATIONS WHEN I AM AT MY BEST

No pain



BODY SENSATIONS WHEN I AM AT MY BEST

No tension



BODY SENSATIONS WHEN I AM AT MY BEST

Free



BODY SENSATIONS WHEN I AM AT MY BEST

Natural



BODY SENSATIONS WHEN I AM AT MY BEST

Energised



BODY SENSATIONS WHEN I AM AT MY BEST

Safe from harm



BODY SENSATIONS WHEN I AM AT MY BEST

Not hungry



BODY SENSATIONS WHEN I AM AT MY BEST

Not thirsty



BODY SENSATIONS WHEN I AM AT MY BEST

Sensual



BODY SENSATIONS WHEN I AM AT MY BEST

Well rested



BODY SENSATIONS WHEN I AM AT MY BEST

Vibrant



BODY SENSATIONS WHEN I AM AT MY BEST

Well



BODY SENSATIONS WHEN I AM AT MY BEST

Centred



BODY SENSATIONS WHEN I AM AT MY BEST

Not frowning



BODY SENSATIONS WHEN I AM AT MY BEST

Clear mind



BODY SENSATIONS WHEN I AM AT MY BEST

Good appetite



FEELING WHEN I AM AT MY BEST

Caring



FEELING WHEN I AM AT MY BEST

Attractive



FEELING WHEN I AM AT MY BEST

Hopeful



FEELING WHEN I AM AT MY BEST

Empowered



FEELING WHEN I AM AT MY BEST

Supported



FEELING WHEN I AM AT MY BEST

Purposeful



FEELING WHEN I AM AT MY BEST

Victorious



FEELING WHEN I AM AT MY BEST

Enthusiastic



FEELING WHEN I AM AT MY BEST

Motivated



FEELING WHEN I AM AT MY BEST

Happy



FEELING WHEN I AM AT MY BEST

Joyful



FEELING WHEN I AM AT MY BEST

Excited



FEELING WHEN I AM AT MY BEST

Peaceful



FEELING WHEN I AM AT MY BEST

Kind



FEELING WHEN I AM AT MY BEST

Valued



FEELING WHEN I AM AT MY BEST

Gentle



FEELING WHEN I AM AT MY BEST

Energetic



FEELING WHEN I AM AT MY BEST

Grateful



FEELING WHEN I AM AT MY BEST

Pleased



FEELING WHEN I AM AT MY BEST

Satisfied



FEELING WHEN I AM AT MY BEST

Calm



FEELING WHEN I AM AT MY BEST

Centred



FEELING WHEN I AM AT MY BEST

Loving



FEELING WHEN I AM AT MY BEST

Content



FEELING WHEN I AM AT MY BEST

Optimistic



FEELING WHEN I AM AT MY BEST

Thrilled



FEELING WHEN I AM AT MY BEST

Stoked



FEELING WHEN I AM AT MY BEST

Cool



FEELING WHEN I AM AT MY BEST

Merry



FEELING WHEN I AM AT MY BEST

Humorous



FEELING WHEN I AM AT MY BEST

Sweet



FEELING WHEN I AM AT MY BEST

In control



FEELING WHEN I AM AT MY BEST

Nice



FEELING WHEN I AM AT MY BEST

Pleasant



FEELING WHEN I AM AT MY BEST

Radiant



FEELING WHEN I AM AT MY BEST

Enlightened



FEELING WHEN I AM AT MY BEST

Patient



FEELING WHEN I AM AT MY BEST

Spiritual



FEELING WHEN I AM AT MY BEST

At one



FEELING WHEN I AM AT MY BEST

Proud



FEELING WHEN I AM AT MY BEST

Playful



FEELING WHEN I AM AT MY BEST

Surprised



FEELING WHEN I AM AT MY BEST

Relieved



FEELING WHEN I AM AT MY BEST

Friendly