



## REFLECTED BEST SELF EXERCISE

Adapted from Roberts et al (2005)

### What does YOUR great look like?

The RBS Exercise is a tool that allows you to:

- Get feedback on how others see you when you are performing at your best
- Build a profile of the qualities, strengths, talents, character and values that you display when operating at your best

### Instructions: Development of the “Best Self” Portrait

- Step 1a Identify at least 10-15 people who know you well
- Step 1b Contact each of the 10 people and ask them to write at least three descriptions (stories) that recount a time when they have see you performing at your best self, and then describe the contribution you made and the unique strengths and character you displayed
- Step 1c Write your own stories
- Step 2 Read and reflect on and analyse the stories to identify themes and patterns
- Step 3 Write a profile that summarises you at your best. The character you display and the strengths you see, ie a portrait of your “Best Self”