

Bring Your Best Self Inventory

As Keystone advisor, you want to bring your best self to your role. By preparing yourself emotionally for your work with Keystoners, you'll be better able to guide them toward their own emotional well-being and toward the development of key leadership abilities.

- Use this inventory when starting up a new Keystone Club or a new charter year (especially before the first meeting when you'll be discussing some of these topics with Keystoners).
- Take a few minutes to reflect on the questions and then jot down your responses.
- Keep the inventory as a reference you can refer to when needed.

1. **Discover your passion**— A passion or “spark” can be a skill, a talent or interest—but it’s more than liking something. It’s about the “reason you are in the world,” a purpose, a way to make the world a better place for others. What makes you feel most alive? What gives you energy and joy?

2. Check into your **emotional well-being**—Emotional wellness has to do with being your best self—being healthy emotionally and physically—and having positive relationships. What does being your best self mean to you personally? What can you do to be your best self now?

3. Explore your **leadership strengths**—You may be aware of your leadership strengths, but it’s a good idea to acknowledge them and to identify areas where there’s room for growth. What are your strengths in working with youth? What strengths do you want to develop in the future?
