

Reflected best-self portrait



**ASSIGN
BUSTER**

When I am at my best, I am an effective communicator. I try to be objective in my thoughts and actions. I let others express their opinions openly in case their tempers are flaring. By letting others express themselves first helps them regain their composure. After that, I express my opinion. By having maintained my calm others listen to what I have to suggest, as I seem more insightful into the matter. I am at my self-best when I have functional interpersonal relationships that are characterized by emotional attachments without loss of self-independence or threats.

I always believe that effective interpersonal relationships satisfy the needs, opinions, and attitudes of the parties involved. I try to identify the needs of others and doing the small things that count. I am not material and can go out of my way to assist others in financial matters if I can for it is not about the money that can buy the world but the thought that counts. By knowing how to use simple courtesy words, such as please and thank you, and assisting others, we create and nurture relationships with others. I am at my best self when I am patient.

I think patience pays and it is the greatest virtue and impatience can easily derail someone from being objective and observant, as anxiety clouds judgment. For me, patience is not an option but a must, especially in a world that is characterized by changes all the time. Schedules change and it is very easy for one to be disrupted and delayed. However, by being patient, I come across as composed dependable and rational. I am at my best self when I feel responsible and accountable for my actions. The blame game is a gross waste of time. Accountability means that one is willing to defend and take his consequence of his actions.

This means that I am able to move from dwelling on the present focusing on the next move. Accountability creates an air of responsibility and people around are likely to benefit from it. By assuming leadership roles, I feel my self-best. Will I survive the scrutiny, criticism, negative comments, and resistance? Leadership means that I must inspire and motivate those that I lead. It means to rule above and be the bigger person, able to understand compromise, trust, delegate, energize and manage, all without using force instead of influence. I try to maintain growth and remain focused on the goal.

By entrusting others with responsibility they feel worthy and contribute more thus improving productivity. In my thought, a good leader must display a high degree of integrity and to deliver the highest level of work quality irrespective of the obstacles that may present themselves. In being principled, I believe in standing up for what is right irrespective of the resistance of the common opinion. I am at best self when I set my ego aside because I feel as part of the system because the social structure demands that we must submit to authority and step aside for someone else.

For me, this is not a sign of weakness but of respect to the moral authority. This reassures the person about their position and makes them feel secure, therefore avoiding any unpleasantness that may arise. Diligence means that I do my best, focus on my goals and strive for success. For me, diligence is a demonstration of devotion, effort and a strong work ethic. This is the exact opposite of negligence. Diligence creates a sense of passion for prosperity and control. Benjamin Franklin said that diligence is the mother of good luck and I could not agree with him more.

I feel at my best self when I manage my time effectively, meaning that I have more time for myself and reduction of stress. Time management means that I work smarter, not harder. Time management means I am able to organize and prioritize so as to be more productive in my work. I am at my best when I demonstrate commitment, dedication, and devotion, as they have a direct effect on the success rate. It makes others rely on your delivery and to perform. Dedication means that I am proud of doing what I am. On patriotism, it symbolizes my pride for my origin and my being.

I am at my best when I am patriotic to my origin and myself. To me, this means that I must be ready to serve and defend my country and not the other way round. Patriotism represents a sacrifice and a deep commitment to my country. When I am prayerful, I feel completely in tune with my maker and I open myself to the Holy Spirit's enlightenment. For me, prayer is a conditioning towards peace, love, joy, hope, and so much more. I seek answers through prayers and I have no doubt about the efficacy resulting from prayer.

When I intercede for others, they feel supported, cared for, loved, and when their issues get sorted, they find it in themselves to thank me for the prayers. I feel at my best when I live life to the fullest and take time to be human by experiencing joy, vigor, and humor without holding back. This is not only good for my overall well being but also for my social relationships. It is said that a person who enjoys life lives longer. Empathy is an engrained part of my self-best, considering my involvement with social and volunteer work.

Empathy means that I am able to put myself in another person's shoes and recognize and perceive the emotions of another person. By being empathetic, I am able to connect with a distressed person without being sympathetic. This generates a sense of self worth on the other person and they feel better about their emotional, physical and mental states. I feel at my self-best when I sacrifice and deny myself so that someone else can get something. It means that I can focus on the well being of others without occupation of self or asking what is in it for my personal gain.

I strive to be enthusiastic by always seeing the scar over the wound rather than the wound under the scar. This means that rather than seeing the destitution of the situation, I see the positive outcomes, however insignificant. By being enthusiastic, I empower others to take charge of their own lives and tackle life head on, without hesitation because of the charge of enthusiasm. Enthusiasm means that I can surge on in the face of adversity. It encourages creativity that can work wonders to an individual's soul, body, and mind. In terms of humility, I make a point to be non-judgmental or prejudistic.

I strive to work well with people irrespective of their background or opinions. I try to be friendly, compassionate, kind and helpful to all and meet the needs of others. Humility means going out of our way to assist someone else. It means being thoughtful enough to consider someone else worth enough to be on same platform as us. I am trying to be compassionate for those who have been categorized and segregated by society as less worthy than others. By being humble, I liberate others from their feeling of

insecurity and reassure them that they are worthy. Humility creates me a sense of responsibility, greatness and thoughtfulness.