

How do I know if I'm doing my "best" in any given situation?

Effort & engagement

- Am I putting in the effort that aligns with my values and goals?
- Am I fully present and engaged, or am I holding back due to fear, distraction, or perfectionism?
- If I had more energy, time, or resources, would I realistically be doing something different?

Self-compassion & sustainability

- Am I pushing myself in a way that is sustainable, or am I at risk of burnout?
- Would I consider this effort "doing my best" if a friend were in my shoes?
- Have I acknowledged and honored my limitations today?

Growth & learning

- Am I open to learning from this experience, even if the outcome isn't perfect?
- Have I sought feedback or reflected on how I could improve?
- Am I resisting growth because it feels uncomfortable?

Adaptability & context

- Given my current circumstances (energy level, mental state, external factors), is this my best effort for today?
- Am I being flexible and adjusting my approach when needed?
- Am I focusing on what I can control rather than what I can't?

Alignment & authenticity

- Is what I'm doing aligned with my priorities and long-term goals?
- Am I acting in a way that feels authentic to me?
- Would I be proud of my effort if I looked back on it later?