

# The Armour of the Best Me

When you wake up, and put on your wellbeing Armour every day, you are actively choosing to protect and strengthen the qualities that help you become the best version of yourself. It's about being intentional with your actions, thoughts, and attitudes to move toward your fullest potential and be your best you!

## 1. Belt of Truth – Be Honest with Yourself and Others

To be your best, you need to embrace the truth about who you are, your strengths, your vulnerabilities, and your goals. Honesty with yourself and others builds a foundation of trust and clarity that supports your growth.

## 2. Breastplate of Goodness – Live with Integrity and Make Good Choices

Protect your heart by living with integrity. Make choices that align with your values, even when it's tough. Being the best version of yourself means doing the right thing, even when no one is watching.

## 3. Shoes of Peace – Seek Harmony and Positivity

Walk through life with a mindset of peace. Cultivate inner calm and approach situations with a sense of understanding. Positivity in your actions and attitude will keep you grounded, no matter the challenges.

## 4. Shield of Faith – Believe in Yourself and Your Potential

Trust in your abilities and your potential to overcome difficulties. Having faith in yourself acts as a shield against doubt and negativity, empowering you to keep moving forward, no matter the obstacles.

## 5. Helmet of Clarity – Guard Your Mind and Focus on Your Purpose

Protect your thoughts and your mental state. Keep your mind focused on your purpose and the bigger picture. A clear and positive mindset will help you stay on track and avoid distractions that derail your personal growth.

## 6. Sword of Spirit – Use Knowledge and Wisdom as Your Guide

The “sword” can be your inner wisdom, knowledge, and the principles you live by. Whether it's from spiritual beliefs, self-improvement strategies, or life experiences, let these truths guide your actions and decisions.

## 7. Reflection – Stay Connected and Grounded

Whether through prayer, meditation, or self-reflection, take time regularly to connect with your deeper self. This practice helps you stay aligned with your values, recalibrate when things are challenging, and ensure that your path is one of growth and improvement.