

## Best Version of Our Self Video Narrative 2024 (Green indicates a slide on the video)

Hi, I'm Russ Lawrence, founder, author, composer and musician at [hereandnowhappiness.com](http://hereandnowhappiness.com) Where our mission is to help you, me, and anyone BE the way we want to BE.

So we're always looking for better ways to explain the tremendous whole life benefits that come our way, not from what we have or know or do. But when we BE those inner, positive, life-enhancing states of being that strengthen, nurture, and liberate us. And that we all, universally want to BE.

And when we stop BEING those negative, needy, subtractive states of being that weaken, constrain and control us. That we, unfortunately more often BE.

And lately, we hear more and more people saying, as kind of an aspirational life goal. *"I just want to be the best version of myself"*.

Well, I love that intention because, yes, it's true, there is a "best version of our self" residing, somewhere in all of us. And to help all of us find our way there, let's ask and answer these three questions. [Illustrated not stated - 1. What is our "best self"; 2. What prevents our "best self"; 3. How do we be our "best self?"] Probably like never before.

In concept, it's simple. We're all made of mind, body, spirit. That's it. That's what we've got to work with. So our best self is our fully developed mind, body, spirit whole self.

But then, how do we fully develop our mind, body, spirit and bring that "whole best self" to life? Well, let's start with cognitive mind and physical body.

Our cognitive mind is an amazing creative, truth-seeking machine. And when developed is able to imagine, create, conceptualize, learn, reason, recall, solve problems, make decisions and more at incredibly high levels.

And naturally, we all want to develop those cognitive powers and put them to beneficial use. And as far as our physical body. Sure we all want our physical self to be as healthy, vital, fit, and capable as possible.

Yet despite what we want, we mostly don't find our way to that cognitive and physical / mind and body best self. And what almost nobody understands is, the reason we fall short has almost nothing to do with mind and body.

Stick with me here.

Let's know that all those things that cognitive mind and physical body DO express in the form of our thoughts, words, actions, interactions. Our behavioral choices.

So the question to ask our self is. Do my mind and body's thoughts, words, actions, interactions - my behavioral choices - continually develop my cognitive and physical potential or not?

Well, whatever your answer. Here's how you, me, and anyone can make absolutely certain that our thoughts, words, actions, and interactions directly support the development and beneficial use of our cognitive mind and physical body. And put us on a direct path to our whole best self. First, let's understand that along with all those thoughts, words, actions, interactions mind and body DO.

We're also experiencing life all the time at the almost unknown, unmapped, and yet far more influential inner level of what we BE.

And what we BE expresses in the form of, yep, those positive, strengthening and negative, weakening inner states of being.

And get this. It's the human spirit, our spiritual or highest nature that's the part of us that operates at the inner BE level.

Yeah, our highest nature is continually determining whether we BE those positive states of being we all want to BE. Or those negative states of being we unfortunately so often BE.

And here's why what we BE - our state of being - is the source the determination point of whether we become that best version of our self or not. Those states of being generate powerful deeply held motivations that exist mostly below our cognitive awareness level.

And those deeply held motivations have tremendous influence on our behavioral choices, our thoughts, words, actions, interactions.

And given that direct connection, that linkage, between what we BE, our deepest motivations and what we DO, here's the universal path to our mind, body, spirit best self. When we're able to apply our highest nature to BE those inner positive, strengthening, nurturing, liberating states of being.

In turn, our motivations will always be to strengthen, nurture, and liberate others and most importantly, our self. And then, consistent with our motivations, our thoughts, words, actions, interactions will strengthen, nurture, and free our cognitive mind and physical body to fully develop and operate at their highest levels.

Yeah, when we *FIRST* BE those inner positive states of being.

The positive motivations, behaviors, and that best version of our self all fall into place

And what prevents us and has always prevented us from being our best self is we far too often BE those negative, needy, weakening states of being.

That generate motivations to weaken and control - others and our self. That lead to needy, weakening, controlling behaviors that constrain, defeat and even destruct our beautiful cognitive and physical gifts.

So, if we want to stop limiting our self and find our way to that best version of our self, it starts with what we BE. And for much more on how to BE the positive way we all want to BE, check us out at [HereandNowHappiness.com](http://HereandNowHappiness.com) (