

# The World Needs the Best You

## @jeffgpresents

1. What are some of your fun memories from weddings you have attended?
2. What realization did Jeff come to about his best self?
3. How does being comfortable in our own skin help to be the best version of yourself?
4. How does social media contribute to the “cancer of comparison”?
5. In what ways is it unfair to compare ourselves to others on social media?
6. What are some other examples you have seen where changing circumstances have caused you to re-evaluate what is important? Or even who is important?
7. Why does the world need the best you, now more than ever?

Looking for more? Check out these articles on how to be the best you from [Inc.](#) and [HuffPost](#) .