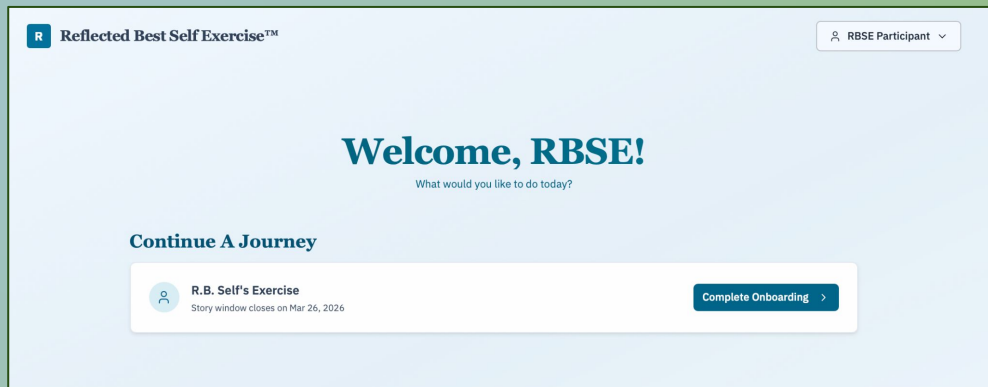


Welcome to the RBSE!

Whether you made a purchase for yourself, or received an invitation from a class or group, you will begin your RBSE journey by validating your email address.

This will take you to your RBSE dashboard.

Click the **Complete Onboarding** button to get started.



Getting Started

The next page has background information about the RBSE, along with what to expect as you go through the exercise.

There is also a link to learn more about the research on how the principles of positive organizational psychology impact individuals and organizations.

When you're ready to invite your storytellers, click the **Let's Start** button!

Welcome to Your Reflection

R.B., let's discover you at your best.

Developed at the University of Michigan, the Reflected Best Self Exercise™ is a research-backed process used by students, executives, and leaders around the world.

This experience helps you discover how your actions and presence have positively impacted others — seen through their eyes, in their words.

You'll walk away with a unique and affirming reflection that highlights your strengths and values, helping you grow with confidence and clarity.



This was more than feedback. It was a mirror held up by people I trust. It reminded me who I am when I'm at my best — and how much that matters.

— Past Participant, RBSE

What to Expect

- ✓ Invite people from across domains of life who know you well
- ✓ They'll share stories about moments they saw you at your best
- ✓ You'll have 3 weeks to collect stories
- ✓ You can track responses and add more Storytellers as you go
- ✓ Write your own self-authored stories about moments when you were at your best
- ✓ Once complete, you'll receive your compilation of stories

Learn More About the Research

This experience is grounded in decades of research in **organizational behavior**, developed at the University of Michigan's Center for Positive Organizations.

[View Research Details →](#)

Let's Start

Choosing Storytellers and Writing Your Own Stories

Over the years we've seen the most successful participants follow three guidelines:

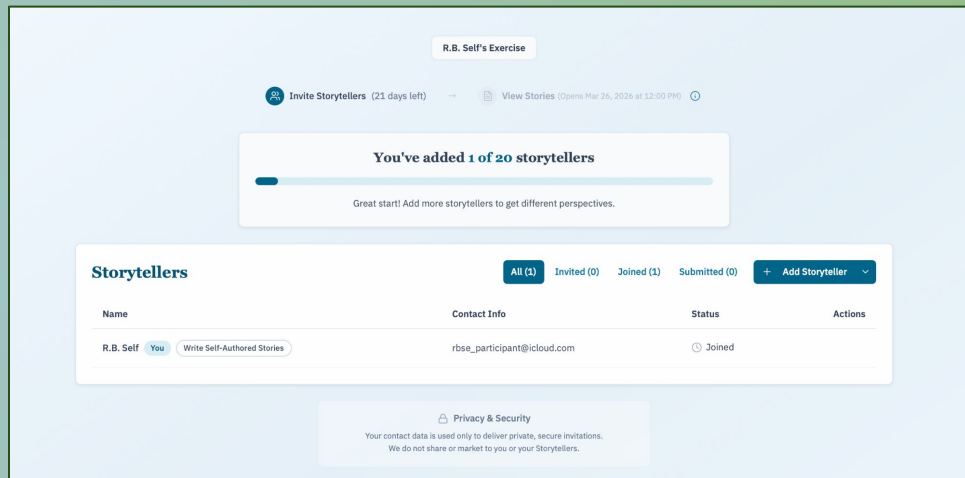
- invite at least 20 people
- Invite people from all parts of your life, and
- invite them right away.

You'll see your name at the top of your storyteller table. It's an important part of the RBSE for you to reflect on when you felt like you were at your best.

Not only does writing about your best self help you acknowledge your strengths, it will also be interesting to see if your stories reveal the same strengths your storytellers see in you.

You can write these stories any time while your journey is open.

To start sending your invitations, click the **+ Add Storyteller** button in the top right corner of your table.



Inviting Storytellers Using a CSV File

Since you'll be starting your RBSE with a list of people to invite to write for you, you have the option to upload their names and email addresses (or, in Canada and the US, their phone numbers) by using a CSV file.

When you click **+ Add Storyteller**, you'll see the option to import storytellers.

- Click **Download Template**.
- Enter your storytellers' information into the spreadsheet.
- Copy all that information, then return to the Import Storytellers window and paste it into the data box.
- You'll see a preview of what you've pasted. Click the **Import X Storytellers** button.

You'll be able to return to your dashboard add storytellers as long as your exercise remains open.

Import Storytellers

Import multiple storytellers from CSV data. Download the template to get started with the correct format.

CSV Data

Paste CSV Data

First Name, Last Name, Email or Phone
John, Doe, john@example.com
Jane, Smith, 5551234567

Parse CSV

CSV Format

Required columns: First Name, Last Name, Email or Phone

Each storyteller must have either an email address or phone number (or both).

Phone numbers should be in the format 5551234567 or +15551234567. We currently only support US and Canadian numbers.

Download the template to get started with the correct format.

Download Template

Cancel Import 0 Storytellers

Import Storytellers

Import multiple storytellers from CSV data. Download the template to get started with the correct format.

CSV Data

Paste CSV Data

Trusted Coworker trustedco@mycompany.com
Best Friend 5558901234

Parse CSV

Preview (2 storytellers)

First Name	Last Name	Email	Phone
Trusted	Coworker	trustedco@mycompany.com	-
Best	Friend	-	+15558901234

Download Template

Cancel Import 2 Storytellers

Monitoring Your Progress

You can check on the status of your exercise by going to <https://reflectedbestself.com/dashboard>, authenticating your login, and clicking **Invite Storytellers** next to your active journey.

At the top of your table, you'll see

- your total number of storytellers invited
- how many have accepted, and
- how many have submitted stories.

In the table, for each person who has submitted stories you'll see how many they have submitted.

If you make a mistake with someone's name, address, or number, click the three dots in the **Action** column, select Edit, and make the changes.

If a storyteller tells you they didn't receive their invitation, you can click the three dots, copy their link, and send it to them yourself.

The screenshot displays the 'R.B. Self's Exercise' dashboard. At the top, there are two buttons: 'Invite Storytellers (21 days left)' and 'View Stories (Opens Mar 26, 2026 at 12:00 PM)'. Below these is a progress bar indicating 'You've added 3 of 20 storytellers'. A message below the bar reads: 'Nice! The more perspectives you collect, the clearer your reflection.' Below this is a table titled 'Storytellers' with columns: Name, Contact Info, Status, and Actions. The table lists three individuals: 'R.B. Self' (status: Joined), 'Best Friend' (status: Unknown), and 'Trusted Coworker' (status: Invited). Each row has a three-dot menu in the Actions column. The 'R.B. Self' row has a 'You' tag and a 'Write Self-Authoring Stories' button.

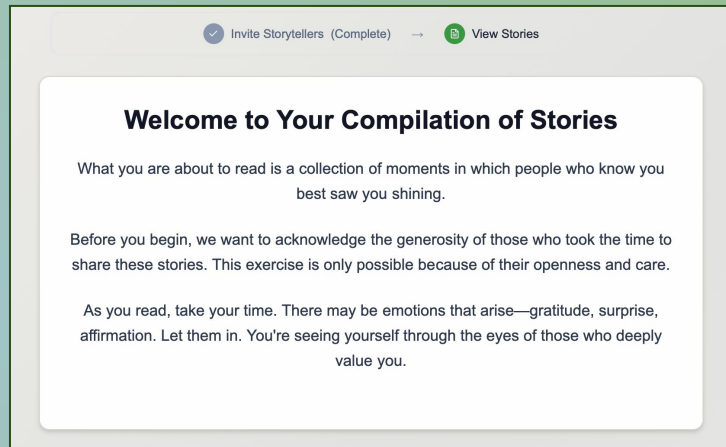
Name	Contact Info	Status	Actions
R.B. Self You Write Self-Authoring Stories	rbse_participant@icloud.com	🕒 Joined	⋮
Best Friend	(555) 890-1234	🕒 Unknown	⋮
Trusted Coworker	trustedco@mycompany.com	🕒 Invited	⋮

Downloading Your Stories

After your exercise has closed, you'll log back into your RBSE dashboard, click the **View Details** button, and then you'll see the "Welcome to Your Compilation of Stories" banner.

Scroll down to the bottom of that window and click the 'Download PDF' button there.

Your storytellers can still write for you, up to 7 days after your exercise closes. If any of them do, just return to your dashboard and download an updated version of your compilation.



We will keep your report for 90 days after your story collecting deadline. At that time, all the data from your exercise—your name and email address, your storytellers' information, and your stories—will be permanently deleted. We will send you two reminders—30 days, and 7 days—before the final deletion.

PLEASE DOWNLOAD YOUR STORIES RIGHT AWAY, AND STORE THEM WHERE THEY WILL BE BACKED UP. AFTER 90 DAYS, THEY WILL BE PERMANENTLY DELETED.