My best possible self

Imagining a future in which things have gone as well as they realistically could.

Imagine yourself a few years from now. You have worked hard and things have gone as well as they realistically could. You have not won the lottery. You have made good use of your chances and become the person you hoped to be.

Take ten minutes and write about that life in as much detail as you can. Write in the present tense, as if you are already there. Do not worry about spelling or how it reads.

Think about

- Where am I living, and who with?
- What does an ordinary day look like?
- What am I doing for work, or with my time?
- What are my relationships like?
- How do I look after myself?
- What am I proud of?

A few years from now...

Afterwards

What stands out? What matters most in that picture?

What strengths of mine would get me there?

One small thing I could do this week in that direction

The best possible self exercise was developed by Laura King (2001).

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