

Best Possible Self

Visualization Exercise

What would your life look like in a perfect future? How would you spend your time? Who would be by your side? In this exercise, you will imagine your best possible self in a future where things have gone as well as possible, and you have accomplished all your goals.



Instructions

1 Write. On the following pages, you will imagine and describe your best possible self in three domains: personal, professional, and social. Once completed, continue to step 2.

2 Visualize. For the next week, spend 5 minutes visualizing your best possible self each day. Focus on one domain per day, cycling through each of the domains throughout the week. Record your practice in the chart below.

To perform visualization, picture your best possible self in as much detail as possible. Think of a scene that your best possible self might find themselves in, and imagine the sights, sounds, and feelings you would experience.

Tip: It's common to feel distracted during visualization. If you notice your mind wandering, that's okay. Simply return your thoughts to the exercise once you become aware.



Visualization Log

| | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. | Sun. |
|--------------|------|------|------|-------|------|------|------|
| Personal | | | | | | | |
| Professional | | | | | | | |
| Social | | | | | | | |

Best Possible Self

Personal Domain

Personal Domain: skills, hobbies, personality, health, accomplishments, etc.



Imagine your best possible self in the **personal** domain for 1 minute.



Write about your best possible self in the **personal** domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.

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Best Possible Self

Professional Domain

Professional Domain: job, sense of purpose, education, skills, retirement, income, etc.



Imagine your best possible self in the **professional** domain for 1 minute.



Write about your best possible self in the **professional** domain for 5 minutes.
Continue writing for the entire time, using as much detail as possible.

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Best Possible Self

Social Domain

Social Domain: romantic relationship, friends, family, social activities, etc.



Imagine your best possible self in the **social** domain for 1 minute.



Write about your best possible self in the **social** domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.

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