

Your Best Possible Self

Visualization Exercise

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 3 categories:

- a. **Personal**
- b. **Professional**
- c. **Social**

What would your life look like in a perfect future?

Who would be by your side?

How would you spend your time?

2. **Visualize** - For the next week, spend 5 minutes each day visualizing your best possible self, focusing on one category per day. Record your practice in the chart below.

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.

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							

Personal

Skills, Hobbies, Personality,
Health, Accomplishments, etc.



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



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

[illegible]

Professional

Job, Sense of Purpose, Education,
Skills, Retirement, Income, etc.



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



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

[illegible]



Friends, Family, Social Activities,
Romantic Relationship, etc.



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



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

