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



**Write.** On the following pages, you will imagine and describe your best possible self in three domains: personal, professional, and social. Once

**1**

completed, continue to step 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

**2**

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** |  |  |  |  |  |  |  |
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 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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 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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