

BEST POSSIBLE SELF EXERCISE

Take a moment to imagine your life in the future. Imagine in vivid detail that you have worked hard and succeeded at accomplishing your life goals. The point is not to think of unrealistic fantasies, but rather, things that are positive and attainable within reason. You may be tempted to think about how you messed up in your past, how things have been difficult for you, or about financial/time/social roadblocks to being able to make these accomplishments happen. For the purpose of this exercise, however, only focus on the future—imagine a brighter future in which you are your best self and your circumstances change just enough to make this best possible life happen. After you have a fairly clear image, write about the details. Writing your best possible self down helps to create a logical structure for the future and can help you move from the realm of foggy ideas and fragmented thoughts to concrete, real possibilities. Be as creative and imaginative as you want, forget about grammar or spelling.

Time Required - 15 minutes !

For the next 15 minutes, write continuously about what you imagine.

What is the best possible life you can imagine?

Consider all areas of your life, your career, academic work, relationships, hobbies, and health. What would happen in these areas of your life in your best possible future?

Make it is very specific—if you think about a new job, imagine exactly what you would do, who you would work with, and where it would be. The more specific you are, the more engaged you will be and the more you'll get out of it.

Write about the character strengths that you observe in this image. What character strengths will you need to deploy to make this best possible self a reality?