

Best Possible Future Selves Exercise

“Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined and the steps you took to get there. ”

Do this for 20 minutes per day for three days in a row.

DAY 1:

Best Possible Future Selves Exercise

“Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined and the steps you took to get there. ”

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DAY 2:

Best Possible Future Selves Exercise

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DAY 3: