

Best Possible Self Exercise

Imagine your ideal future to boost motivation, increase psychological well-being, and reduce stress

This evidence-based psychological exercise helps you envision a future where you've achieved your highest aspirations. Imagine in detail where you want to be, focusing on your goals, happiness, and fulfillment.

Step 1: Choose a time frame for your envisioned future

☐ 5 years	☐ 10 years	☐ 20 years	
Step 2: Think about your life in the future			
Imagine that everything has gone as well as it possibly could. You've worked hard and achieved all your goals. Picture this as the moment where all your dreams come true. Take a moment to immerse yourself in this vision. What does this ideal life look like?			
Step 3: Write about what you imagined			

Best Possible Selves activity by King, L. A. (2001). The health benefits of writing about life goals. Adaptation by MindGoals.org is licensed under CC BY-NC-SA 4.0

Let this vision guide and inspire you in your everyday life