



**Best Possible  
Self**



## Instructions

- 1 Write.** *Imagine and describe your best possible self in three domains: personal, professional, and social.*
- 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 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.*

Mon

Tue

Wed

Thur

Fri

Sat

Sun

*Personal*

*Professional*

*Social*





