

* Instructions

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

Best Possible Self

Personal Domain

Personal Domain: skills, hobbies, personality, health, accomplishments etc.

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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Best Possible Self

Professional Domain: job, sense of purpose, education, skills, retirement, income, etc.

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.

Best Possible Self

Social Domain :romantic relationship, friends, family, social activities, etc.

Imagine your best possible self in the social domain for 1 minute.

Write about your best possible self in the social domain for 5 minutes. Continue writing for the entire time, using as much detail as possible.