



EXERCISE: YOUR BEST POSSIBLE SELF

Imagine yourself in a future in which everything has turned out as well as possible. You have worked hard and you have managed to realize all your life goals. You can envision it as satisfying all your life dreams and development of all your best possible potentials. In a moment, you are going to think of the best possible ways in which your life could develop in three areas - personal, professional and relational. I'm asking you to consider your future in this way, with the goal of directing the decisions and actions you make in the present.

After you complete this exercise, I'd like you to keep thinking about and imagining yourself in this way **throughout the weekend and for at least the next two weeks**. In order to determine and guide constructing your best possible self, for the next 20 minutes you are going to think of and write down the **goals, skills and desires you would like to achieve in the far future** for each of the three domains, and finally merge these into a personal story like a diary.

First, think of goals you would like to attain on the *personal level* (e.g. physical and psychological skills and developments).

Now, think of goals you would like to attain on the professional/work- related level (e.g. position, accomplishments, level of expertise, but also occupation and skills, etc.).

And then, think of goals you would like to attain on the relational level (e.g. relations and contacts with loved ones, friends, colleagues, but also joint activities etc. in your social life).

NOW WRITE DOWN IN AS MUCH DETAIL AS POSSIBLE YOUR IDEAL FUTURE.

You can use the goals you have just constructed as a guide. While describing your thoughts, try to activate your senses, feelings, and perceptions and make a personal story of it.



