ACTIVITY: Best Possible Future

ESTIMATED TIME
15 minutes

MATERIALS
Pen and paper

Purpose

- Build optimism about the future
- Increase motivation to work towards goals

Background

In this activity, you will imagine your life going as well as possible, then writing about this best possible future. Research suggests that this exercise can increase present happiness and contribute to sustained happiness in the future.

When we build optimism about the future, we can become more motivated to work towards that future.

By thinking about our best possible future self, we gain insight into our values and priorities. We can gain a sense of control over our future and highlight areas where we may need to reprioritize.

Activity

Instruct participants to take a few minutes to imagine their life in the future and to consider what the best possible life they could imagine would look like.

Ask them to consider all areas of their life –work or career, relationships, health, interests and hobbies, etc. What would each of these look like in the best possible future?

Give participants approximately 10 minutes to write about this future life. Ask them to be a specific as possible.

If you have time, you can divide into small groups to discuss or debrief as a large group.

Discussion Questions/ Key Points
- How can this exercise help you identify your values and priorities?
- Based on your reflections, is there anything you want to spend more time on? Anything you want to do differently?
- Are there things you can do that will help this future to become a reality?

Sources/ More Information

Sheldon, K. M., & Lyubomirsky, S. (2006). **How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves.** *Journal of Positive Psychology*, *1*(2), 73-82.

What is your best possible self?
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https://www.psychologytoday.com/blog/what-matters-most/201303/what-is-your-best-possible-self