

## ACTIVITY: Best Possible Future

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.

### Try This!

First, select a time period at some point in the future (e.g., 1 year, 5 years, 10 years from now). Next, take a few minutes to imagine your life at this future date and to consider what the best possible life you can imagine would look like.

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

Take 10-20 minutes to write about this future life. Be as specific as possible.

After you've completed this, take some time to reflect on what you've written. How do you feel after this exercise? 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?

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>