

# My best possible self

Pick a time in the future – this could be six months from now, one year, five years or ten years – the choice is yours.

Spend a couple of minutes imagining what your life and your best possible self might look like. Don't worry if you get distracted, just bring your thoughts back to the exercise once you notice this.

Now write it all down in the space below! Repeat as often as you can.

As well as helping you to get clarity on where you want to go, this exercise helps to build optimism i.e. positive expectations about the future. Evidence suggests that optimism is linked with better wellbeing, coping skills, health and relationships.