



Best Future Self Exercise

Find a quiet place to write. Get your writing materials ready -- journal and pen, computer, pad of paper and pencil, whatever works for you. For the next 20 minutes, respond to the following prompt:

“Imagine your life in ten years. You have succeeded at all of your life goals and you have created a meaningful, fulfilling, and pleasurable life filled with the people, activities, and conditions that you have dreamed about and that bring you joy. There are no impediments to the successful realization of your best possible self, so take this opportunity to remove any doubt or anxiety and instead act as if you have resolved any challenges that might pose a problem to living the life you want.”

Remember: Dreaming up enormous, powerful future scenarios can shape a person's present day actions.