

Meet Your Future Self

A Best Possible Self Writing Exercise

Imagine your life one to five years from now. Things have developed in ways that are realistic, meaningful and fulfilling — not perfect, but genuinely good. You have worked toward this and things have gone well. Write freely in each section below, in as much detail as feels natural.



My Relationships

Who is in your life? What do these relationships feel like?



My Work & Purpose

What are you doing? What feels meaningful about it?



My Wellbeing

How does your mind and body feel? What do you do to care for yourself?



My Everyday Life

What does an ordinary day look and feel like?



The Person I Have Become

What qualities, strengths or ways of being have grown in you along the way?

Looking Back From the Future

What did you do that helped you get there?

You don't need certainty to move toward something meaningful — only a direction worth walking in.

SOURCES

King, L.A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin*, 27(7), 798–807.
Carrillo, A. et al. (2019). Effects of the Best Possible Self intervention: A systematic review and meta-analysis. *PLOS ONE*.
Meevissen, Y.M.C. et al. (2011). Become more optimistic by imagining a best possible self. *Journal of Behavior Therapy and Experimental Psychiatry*, 42, 371–378.

NOTE

Evidence-informed educational resource.