

The Best Self Exercise

So often when we are setting goals, they are limited by our conditioned beliefs of not being good enough, the confines of who we think we should be or the labels that we have stuck on our identity.

This exercise is designed to help you to learn more about who you truly are and the life that you'd love to be living by allowing you the creative free flow to simply dream. Unedited, unrestricted dreaming of your best self.

Over the past years, writing about and imagining a Best Possible Self has repeatedly been demonstrated to increase people's mood and well-being (King, 2001; Peters et al., 2010; Sheldon & Lyubomirsky, 2006).

How to do the exercise

1. Set a timer or stopwatch for 10 minutes, during this time you are to think about your best possible future self and to write it down on paper.
2. Imagine your life the way you always imagined it would be like, your best possible self. Picture that you have performed to the best of your abilities and you had achieved the things you wanted to in life.
3. While writing, don't worry about grammar or punctuation just focus on writing all your thoughts and emotions in an expressive way. You may want to have several sheets of paper for this exercise.

Once you have created your Best Possible Self with the exercise above, spend a little time each day visualising it. This acts like a GPS for your unconscious mind so that you can pave the way from where you are now, towards your Best Self.