

Imagining Your Best Possible Self

This exercise has been used in many studies to show how visualizing and writing about a positive future can improve your mood. There are five worksheets to be used on five successive days.

Before you begin each worksheet, sit back and relax, and take a few deep breaths. Clear your mind of all the things that have bothered you or worried you during the day.

Take about 10 minutes to write on each worksheet. Don't worry about your grammar or your spelling, just write about whatever comes to mind. Be positive, but also be realistic. For example, rather than imagining that you won the lottery and you are living in a luxurious mansion on a private island, you could imagine that you have been successful in your career and you have a life where you can enjoy the things you like to do without worry.

